



Quinoa, Black Bean & Roasted Butternut Squash Salad with Feta Cheese

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ½ cup

Amount per Serving

Calories	206 kcal
Protein	5.98 g
Carbohydrate	28.85 g
Total Fat	7.83 g
Saturated Fat	2.01 g
Cholesterol	7.18 mg
Vitamin A	558.51 IU
Vitamin C	5.88 mg
Iron	1.86 mg
Calcium	70.13 mg
Sodium	261.68 mg
Dietary Fiber	3.86 g

EQUIVALENTS: ½ cup provides .25 oz equiv WGR grain, ⅓ cup red/orange vegetable, ⅓ cup beans/legumes and .25 oz equiv meat/meat alternate.

Recipe HACCP Process: #2 Same Day Service

“Using beans and alternative proteins not only stretches food dollars, but also supports our goal of expanding students’ knowledge of different food groups and tastes.”

— KATHY ALEXANDER

Quinoa, Black Bean & Roasted Butternut Squash Salad with Feta Cheese • 60 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
			1 Preheat convection oven to 375°F or conventional oven to 400°F.	<ul style="list-style-type: none"> • Cook quinoa up to 1 day in advance. Prep and/or cook the butternut squash up to 1 day in advance. • Make with low-sodium vegetable broth for a vegetarian dish. • Serve on salad bar or the line.
Butternut squash	5 lb		2 Peel squash. Cut in half and scrape out seeds. Cut into ½-inch cubes.	
Olive oil		6 Tblsp	3 Toss the squash, olive oil, cumin, garlic and ½ tsp each salt and pepper in a large bowl. Spread evenly on a full sheet pan. Bake for 25 minutes; stir gently. Bake until the squash is softened and beginning to brown, 10 to 15 minutes more. Chill.	
Ground cumin		¼ cup		
Granulated garlic		¼ cup		
Table salt		1 tsp, divided		
Ground black pepper		1 tsp, divided		
Low-sodium chicken broth		2 qt	4 Bring broth to boil in a 10-quart brazier. Stir in quinoa. Reduce heat to low, cover and cook until the liquid is absorbed, about 20 minutes. Chill.	
Quinoa, rinsed and drained		1 qt		
Canola oil		1 cup	5 Process oil, vinegar, lemon juice, maple syrup and the remaining ½ tsp each salt and pepper in a blender until smooth and creamy.	
Cider vinegar		¼ cup		
Lemon juice		2 Tblsp		
Maple syrup		2 Tblsp		
Black beans, canned, rinsed and drained		1 qt + 3½ cups	6 Mix the cooled squash, quinoa, black beans, feta cheese and cilantro in a large bowl. Drizzle with dressing and stir gently to combine.	
Crumbled feta cheese		3 cups		
Chopped fresh cilantro		1½ cups		