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

“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

<table>
<thead>
<tr>
<th>WEIGHT</th>
<th>MEASURE</th>
<th>METHOD</th>
<th>NOTES</th>
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</thead>
<tbody>
<tr>
<td>Butternut squash</td>
<td>5 lb</td>
<td>• Preheat convection oven to 375°F or conventional oven to 400°F.</td>
<td>• Cook quinoa up to 1 day in advance. Prep and/or cook the butternut squash up to 1 day in advance.</td>
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<tr>
<td>Olive oil</td>
<td>6 Tbsp</td>
<td>• Peel squash. Cut in half and scrape out seeds. Cut into ½-inch cubes.</td>
<td>• Make with low-sodium vegetable broth for a vegetarian dish.</td>
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<tr>
<td>Ground cumin</td>
<td>¼ cup</td>
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<td>• Serve on salad bar or the line.</td>
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<td>Granulated garlic</td>
<td>¼ cup</td>
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<tr>
<td>Table salt</td>
<td>1 tsp, divided</td>
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<tr>
<td>Ground black pepper</td>
<td>1 tsp, divided</td>
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<tr>
<td>Low-sodium chicken broth</td>
<td>2 qt</td>
<td>• 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.</td>
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<tr>
<td>Quinoa, rinsed and drained</td>
<td>1 qt</td>
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<tr>
<td>Canola oil</td>
<td>1 cup</td>
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<td></td>
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<tr>
<td>Cider vinegar</td>
<td>¼ cup</td>
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<tr>
<td>Lemon juice</td>
<td>2 Tbsp</td>
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<td>Maple syrup</td>
<td>2 Tbsp</td>
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<tr>
<td>Black beans, canned, rinsed and drained</td>
<td>1 qt + 3½ cups</td>
<td>• Mix the cooled squash, quinoa, black beans, feta cheese and cilantro in a large bowl. Drizzle with dressing and stir gently to combine.</td>
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<tr>
<td>Crumbled feta cheese</td>
<td>3 cups</td>
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<tr>
<td>Chopped fresh cilantro</td>
<td>1½ cups</td>
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