***NR#57 Quinoa and Vegetable Salad***

***Serving Size and Ingredients: 6oz***

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| **25 Servings** | **50 Servings** | **100 Servings** | **Ingredients** |
| 4 2/3 cups | 9 1/3 cups | 18 ¾ cups | Quinoa, rinsed and well drained |
| 2 1/3 quarts | 4 2/3 quarts | 9 1/3 quarts | Tap water |
| ¾ cup | 1 ½ cups | 3 cups | Olive oil |
| 3 1/8 TBSP | 6 ¼ TBSP | ¾ cups | Lemon zest |
| ¾ cup | 1 ½ cups | 3 cups | Lemon juice |
| 12 ½  | 25  | 50 | Garlic clove |
| 1 cup | 2 1/3 cups | 4 2/3 cups | Fresh parsley, minced |
| 1 cup | 2 1/3 cups | 4 2/3 cups | Fresh mint, minced |
| 4 2/3 tsp  | 3 TBSP  | 6 TBSP | Table salt |
| 3 1/8  | 6 ¼ cups | 12 ½ cups | Cherry tomatoes, halved |
| 3 1/8  | 6  | 12 | Cucumber, sliced |
| 3 1/8  | 6 ¼  | 12 ½ | Red bell pepper, chopped  |
| 1 ½ cups | 3 1/8 cups | 6 ¼ cups | Red onion, chopped |
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***Instructions:***

1. **In a large saucepan, cook and stir quinoa over medium-high heat 3-5 minutes or until toasted.**
2. **Add the water; bring to a boil. Reduce heat; simmer, covered, until liquid is absorbed, 12-15 minutes.**
3. **Transfer to a large bowl. Cool slightly.**
4. **In a small bowl, whisk oil, lemon zest, lemon juice, garlic, parsley, mint and salt.**
5. **Add vegetables to quinoa; drizzle with dressing and toss to combine.**
6. **Cover and refrigerate until ready to serve.**

***NOTE: Wash and sanitize hands prior to and during the process of handling raw food and throughout meal preparation. Cook eggs, fish, pork, lamb and beef to an internal temperature of 145 degrees; ground meat or meat mixtures to 155 degrees; raw eggs not prepared for immediate service to 158 degrees; poultry, stuffed meat/fish/ pasta to 165 degrees.***