



Aztec Apple Salad

Quinoa is a South American grain that packs a serious punch of nutrients and protein. Lots of flavor can be found in this salad or side dish from the dried fruit, roasted squash and apples, and warm spices.

Yield: 50 servings

Recipe tips and notes:

- To help cool quinoa faster, spread onto hotel pan or baking tray.
- When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked.
- Be careful to not overcook the squash mixture. You want the squash and apple pieces to maintain their shape and somewhat firm texture.
- Garnish with additional chopped, fresh cilantro before serving.

Ingredients:

- 11 cups dry quinoa
- 1 gallon + 6 cups water
- 3 lb + 10 oz peeled, cored, diced apple
- 4 lb peeled, diced butternut squash
- 1/2 cup canola oil
- 2 tsp ground ginger
- 1 Tb + 2 tsp ground cinnamon
- 12 fl oz orange juice
- 2/3 cup olive oil
- 2 Tb + 2 tsp honey
- 1 Tb dijon mustard
- 1 cup red wine vinegar
- 1 tsp salt
- 1 tsp ground black pepper
- 2 Tb chopped fresh cilantro
- 4 cups chopped dried cranberries
- 4 cups chopped golden raisins

Directions:

1. Preheat oven (conventional and convection ovens: 400 °F)
2. Rinse quinoa in fine mesh strainer until water runs clear, not cloudy
3. Combine quinoa and water in a covered stockpot and bring to boil
4. Reduce heat, simmer until water is completely absorbed, about 10-15 minutes
5. Toss together apples, squash, canola oil, half of the ginger and half of the cinnamon
6. Transfer apple mixture to 18" x 26" x 1" sheet pan
7. Roast until squash is soft and slightly brown on edges (15-20 minutes in conventional oven, 12-15 minutes in convection oven)
8. Combine orange juice, olive oil, honey, mustard, vinegar, salt, black pepper, cilantro, and remaining ginger and cinnamon in bowl
9. Whisk dressing until combined
10. In large bowl, mix to combine quinoa, apple mixture, cranberries, raisins, and dressing
11. Cover and refrigerate at 40 °F to allow flavors to combine
12. Serving size: 1 cup