

Quinoa & Yam Salad – [FareStart](#) recipe (FareStart provides nutritious meals to childcare centers around the Seattle area)

Ingredients	50 Servings	100 Servings	25 Servings	Directions
Quinoa, raw	19 lb. 8 oz	39 lb.	10 lb.	<ol style="list-style-type: none"> 1. Preheat oven at 360 F. Place quinoa and pour water in 4” hotel pans and steam in the oven until all the water is absorbed (for about 40 min.). If needed, add more water during the cooking process, but not mushy. 2. While cooking quinoa, steam yams in the same oven: place diced yams in hotel pan, add light layer of water to the pan, cover with foil and bake in the oven until just tender (for about 30 min.). Add water as needed until yams are cooked, but not mushy. 3. In a large bowl, mix lemon juice, cumin, cinnamon, salt and pepper. Stir in oil and mix well. 4. Once quinoa and yams are cooled down, mix them with cilantro. Add 2. To quinoa mixture and mix well. Serve warm or chilled. <p>❖ Serve 2 ounces per child.</p>
Water (quinoa : water = 1 : 3)				
Yam, fresh^s , medium, diced	16 2/3 lb.	33 1/3 lb.	8 1/3 lb.	
Cilantro, fresh^s , finely chopped	1 bunch	2 bunch	½ bunch	
lemon, juice	6 ¼ Tb	12 ½ Tb	3 Tb	
Olive or Canola oil	3 Tb	6 ¼ Tb	1 ½ Tb	
Cumin, ground	2 1/3 tsp	4 2/3 tsp	1 1/6 tsp	
Cinnamon, ground	2 1/3 tsp	4 2/3 tsp	1 1/6 tsp	
Salt	1 7/8 tsp	3 ¾ tsp	1 tsp	
Black pepper, ground	¾ tsp	1 ½ tsp	2/5 tsp	

§WA product available when in season

Approximate preparation time: 60 min including 40 min. oven time.

Tips & Variations:

- You will know that the quinoa is done when all the grains have turned from white to transparent, and the spiral-like germ has separated.
- Store yams in a cool, dark place away from extreme temperatures. Yams will keep fresh for up to ten days. Do NOT store in bags. Temperatures below 50 degrees will result in off-flavors, and excess moisture will encourage yams to rot or sprout prematurely.



Quinoa & Yam Salad

Child Nutrition Program Food Components:

- ✓ ¼ cup vegetable
- ✓ ¼ cup grain

Nutrients Per Serving:

Calories	149 kcal
% Calories from Fat	3 %
Total Fat	2.0 g
Saturated Fat	1 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	100 mg
Total Carbohydrates	31 g
Dietary Fiber	4 g
Sugars	0 g
Protein	3 g
Vitamin A (540 IU)	14 %
Vitamin C (9 mg)	34 %
Calcium	4 %
Iron	8 %

👉 **Yams** are a family of starchy tuberous roots originating in West Africa. [ref:

“From Asparagus to Zucchini – A Guide to Cooking Farm-Fresh Seasonal Produce (3rd Edition)”] **Yams** and sweet potatoes are commonly confused with each other in the United States. This is because most of the markets label orange-colored sweet potatoes as “yams.” Compared to sweet potatoes, **yams** are starchier and drier.

👉 You can substitute **yams** with **local winter squashes** (such as Acorn squash, Butternut squash, Delicata squash or Hubbard squash).

notes

