***NR#135 Quinoa with Tomatoes-Seed to Plate Soil to Sky Cookbook***

***Serving Size and Ingredients: 3/4c 1/2c Quinoa, 1/4c tomatoes***

|  |  |  |  |
| --- | --- | --- | --- |
| **Ingredients** | **25 serving** | **50 servings**  | **100 servings**  |
| Dry white quinoa, rinsed  | 4 1/8c | 8 1/3c | 16 2/3c |
| Red onion finely chopped | 4 1/8c | 8 1/3c | 16 2/3c |
| Cherry Tomatoes ( organic or heirloom if possible), cut in half | 4 1/8c | 8 1/3c | 16 2/3c |
| Fresh mint, finely chopped  | 8 1/3 TBSP | 1c  | 2c |
| Low Sugar Raspberry Jam | 3/4c  | 1 1/2c  | 3c  |
| Balsamic Vinegar | 4 1/8 TBSP  | 1/2c  | 1c  |
| Dijon mustard | 4 1/8 TBSP | 1/2c | 1c  |
| Kosher salt | 1 1/8 tsp  | 2 1/8 Tsp | 4 1/8tsp  |
| Ground black pepper | 1/2 tsp | 1 1/8 tsp  | 2 tsp  |
| Water  | 1c or as needed | 2c as needed | 4c as needed |

***NR#132 Quinoa with Tomatoes-Seed to Plate Soil to Sky Cookbook***

**Instructions:**

1. **Rinse the quinoa in fine mesh strainer and transfer to a medium saucepan with 2 cups of water. Bring to a boil, reduced heat to a simmer, cover and cook for 12-15 minutes or until all the water is absorbed.**
2. **Remove it from the het and place in a bowl to cool.**
3. **Once cooled combine with the onion, tomatoes, and mint. Mix well.**
4. **For the salad dressing, combine the jam, vinegar, mustard, salt and pepper. Whisk together until it becomes thick and creamy. Slowly add the water, 1 TBSP at a time, whisking it into the other ingredients until you have the desired texture for a creamy salad dressing. Once you have a nice texture, stop adding water, and set aside.**
5. **In a large or mixing bowl, place the quinoa salad and pour dressing on top mixing well with large spoon.**
6. **Serve immediately or place in the refrigerator and chill until serving.**

***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.***