

# Southwest Sweets, Beans & Quinoa Shaker

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Rice, brown, dry	3 lbs. 7 oz.		6 lbs. 14 oz.	
Quinoa, dry	3 lbs. 2 oz.		6 lbs. 4 oz.	
Water		1 ½ gallons		3 gallons
Lime Juice		1 pint		1 quart
Cumin		¼ cup		½ cup
Salt		2 Tbsp.		¼ cup
Pepper		3 Tbsp.		3/8 cup
Corn, tempered		¾ gallon + ½ cup		1 ½ gallons + 1 cup
Cilantro, fresh OR Cilantro, dried		1 pint OR 2/3 cup		1 quart OR 1 1/3 cup
Black beans, canned, drained		1 ½ gallons + 1 cup		3 gallons + 1 pint
Sweet Potato, fresh, small cubes OR Sweet Potato, frozen, center cuts, diced		5 lbs. 8 oz. OR 5 lbs. 4 oz.		11 lbs. OR 10 lbs. 8 oz.
Salsa, canned		2 gallons		4 gallons

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

## Preparation

### Day Before

1. Prepare rice and quinoa. Recommended cooking method: Steam or bake, covered for approximately 15 minutes or until water is absorbed. Alternative cooking method: Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.

2. Cool rice completely. Store in cooler overnight.

HACCP Critical Control Point: Cool to 41°F or lower within 4 hours.

3. Roast sweet potatoes the day before.

\*For fresh sweet potatoes: Cut potatoes into quarters lengthwise, then 3-4 times crosswise into approximately 1” cubes. If Manhart is available, use the S14 and D22 blades to process the potatoes into approximately 1” cubes.

# Southwest Sweets, Beans & Quinoa Shaker Continued

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Place potato pieces on parchment lined baking sheets and bake at 375°F for 30-45 minutes or until soft, caramelized, and slightly browned. Potatoes should **not** be mushy. Cool completely and store in airtight container in cooler overnight.

HACCP Critical Control Point: Cool to 41°F or lower within 4 hours.

## Day of

1. Combine drained black beans and fresh cilantro in a bowl. Set aside.
2. Add lime juice, cumin, cilantro, salt, and pepper to rice and quinoa mixture.
3. Layer ingredients into 16-oz. cup as follows:
  - 1 cup rice and quinoa blend
  - ¼ cup diced tomatoes or roasted sweet potatoes
  - ½ cup black bean and cilantro mixture
  - ¼ cup corn
4. Cover the cup with lid.
5. Portion ½ cup salsa or prepared salad dressing in appropriate sized soufflé cups.

HACCP Critical Control Point: Hold at internal temperature of 41°F or below.

## Serving Information

Serve salad shaker with salsa cup or prepared salad dressing. For best results, have customer remove lid from the cup and pour dressing in. Place lid back on cup and shake the salad until ingredients are mixed.

Each serving provides 2 meat/meat alternates, 2 oz. equivalent grains, ¼ cup starchy vegetable and ¾ cup red/orange vegetable. This salad shaker qualifies as a reimbursable meal.

## Nutrition Information per serving \*From USDA Nutrient Database

Calories: 514 Total Fat: 5g Saturated Fat: 1g Monounsaturated Fat: 1g Polyunsaturated Fat: 2g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 101g Fiber: 17g Total Sugar: 10g Protein: 20g Sodium: 696mg Vitamin A: 516µg Vitamin C: 22mg Calcium: 136mg Iron: 6mg Folate: 165µg

