

Quinoa Salad with Dried Apricots and Currants

(Susanne Jensen, Willard Middle School)

For the Salad:

- 1 cup quinoa
- 2 cups water
- 6 dried apricots, finely chopped
- ¼ cup dried currants
- 3 scallions, finely chopped

For the Vinaigrette:

- Grated zest of 1 lemon
- Juice of ½ - 1 whole lemon
- ¼ cup olive oil
- 2 tsp chopped parsley
- ¼ tsp paprika
- ¼ tsp cumin
- ½ tsp sea salt

Steps:

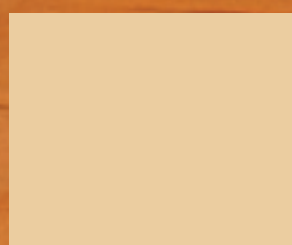
1. Bring the water to a boil. Add quinoa and cook until the quinoa is soft and clear, 15 to 20 minutes. Drain.
2. In a medium bowl, whisk together the lemon zest and juice, olive oil, parsley, paprika, cumin and salt. Add the quinoa, dried apricots, currants, scallion, and pepper. Toss and serve.

4 servings

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April

Monday



7 Meat or Vegetable Pizza
Salad Bar
Fresh Fruit
1% Milk

14 Mediterranean Pita Pizza
Salad Bar
Fresh Fruit
1% Milk

21 Meat or Vegetable Pizza
Salad Bar
Fresh Fruit
1% Milk

28 Mediterranean Pita Pizza
Salad Bar
Fresh Fruit
1% Milk

Tuesday

1 Holiday

8 Hamburgers or Vegetable Burgers
Whole-Wheat Bun
Salad Bar
Fresh Fruit
1% Milk

15 Oven Fried Fish
Roasted Potatoes & Fresh Vegetables
Salad Bar
Fresh Fruit
1% Milk

22 Chicken or Vegetable Chow or Lo Mein
Salad Bar
Fresh Fruit
1% Milk

29 Sloppy Joes or Vegetable Joes
Whole-Wheat Bun
Salad Bar
Fresh Fruit
1% Milk

Wednesday

2 Holiday

9 Meat or Vegetable Pasta with Marinara Sauce
Fresh Vegetables
Salad Bar
Fresh Fruit
1% Milk

16 Macaroni & Cheese
Fresh Vegetables
Salad Bar
Fresh Fruit
1% Milk

23 Meat or Vegetable Pasta with Marinara Sauce
Fresh Vegetables
Salad Bar
Fresh Fruit
1% Milk

30 Garlic Chicken & Pasta or Vegetable Pasta with Cheese
Salad Bar
Fresh Fruit
1% Milk

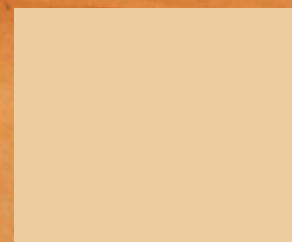
Thursday

3 Holiday

10 BBQ Chicken or Tofu
Roasted Potato Fries & Fresh Vegetables
Whole-Wheat Roll
Salad Bar, Fresh Fruit
1% Milk

17 Turkey or Vegetable Pot Pie with Crumb Topping
Salad Bar, Whole-Wheat Roll
Fresh Fruit
1% Milk

24 Oven-Fried Chicken or Tofu
Mashed Potatoes & Fresh Vegetables
Salad Bar
Fresh Fruit
1% Milk



Friday

4 Holiday

11 Chicken or Vegetable Quesadilla
Beans & Quinoa
Salad Bar
Fresh Fruit
1% Milk

18 Beef or Vegetable Nachos
Beans & Quinoa
Salad Bar
Fresh Fruit
1% Milk

25 Chicken or Vegetable Burritos
Beans & Quinoa
Salad Bar
Fresh Fruit
1% Milk

