

# Mediterranean Quinoa Salad

**BELLINGHAM MEMORIAL MIDDLE SCHOOL**  
Bellingham, Massachusetts

## Our Story

Bellingham Memorial Middle School in Bellingham, Massachusetts, serves over 800 students in grades 5-8. The school seeks to establish itself as an exemplary middle school by developing programs that are responsive to student needs.

The recipe challenge team held an afterschool cooking class. After a discussion on the value of healthy eating and a lesson on basic nutrition, the students went to work to create a recipe. The end result was a tasty side salad featuring a nutritious whole grain called quinoa, mixed with a colorful variety of vegetables, including red peppers, parsley, and cherry tomatoes. Feta cheese and a light lemon dressing complete the Mediterranean Quinoa Salad. What a party of flavor!

## School Team Members

**SCHOOL NUTRITION PROFESSIONAL:** Jeanne Sheridan, SNS

**CHEF:** Rodney Poles (Whole Foods Market, partner chef from *Chefs Move to Schools* [chefsmovetoschools.org](http://chefsmovetoschools.org))

**COMMUNITY MEMBERS:** Karen Ring (Healthy Eating Specialist, Whole Foods Market) and Lauren Marciszyn, RD, LDN (Youth and Community Wellness Director, YMCA)

**STUDENTS:** Dylan B., Elizabeth B., Taylin S., John G., and Nick D.

## 2ND PLACE WINNER Whole Grains

A nutritious whole grain called quinoa is mixed with a colorful variety of vegetables for a tasty side salad.



## Mediterranean Quinoa Salad



### Ingredients

- 1 cup** Quinoa, dry
- 2 cups** Low-sodium chicken broth
- 2 Tbsp** Lemon juice
- 2 Tbsp** Red wine vinegar
- 1 tsp** Fresh garlic, minced
- 1 ½ Tbsp** Extra virgin olive oil
- ½ tsp** Salt
- ⅛ tsp** Ground white pepper
- ¼ cup** Fresh red bell peppers, seeded, diced
- 2 Tbsp** Fresh green onions, diced
- 2 Tbsp** Fresh red onions, peeled, diced
- ½ cup** Fresh cherry tomatoes, halved
- 2 Tbsp** Black olives, sliced
- 2 Tbsp** Feta cheese, crumbled
- 1 Tbsp** Fresh parsley, chopped

**Preparation Time: 1 hour**

**Cooking Time: 10-15 minutes**

**Makes six ¾-cup servings**

### Directions

- 1.** Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. Combine quinoa and chicken broth in a small pot. Cover and bring to a boil. Turn heat down to low and simmer until broth is completely absorbed, about 10-15 minutes. 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. Fluff with a fork. A rice cooker may be used with the same quantity of quinoa and water. Cover and refrigerate.
- 2.** In a small mixing bowl, combine lemon juice, vinegar, garlic, olive oil, salt, and ground pepper to make dressing.
- 3.** Combine red peppers, green onions, red onions, tomatoes, and olives in a large mixing bowl. Mix well.
- 4.** Add dressing to vegetable mixture. Mix in cooled quinoa. Fold in feta cheese and parsley. Cover and refrigerate for about 2 hours. Serve chilled.

¾ cup provides ⅓ cup vegetable and 1 oz equivalent grains.

**Nutrients Per Serving:** Calories **166**, Protein **7 g**, Carbohydrate **23 g**, Dietary Fiber **3 g**, Total Fat **6 g**, Saturated Fat **1 g**, Cholesterol **3 mg**, Vitamin A **414 IU (24 RAE)**, Vitamin C **12 mg**, Iron **2 mg**, Calcium **42 mg**, Sodium **278 mg**