

**Announcing  
Hampden-Wilbraham Regional School District's  
School Lunch Recipe Taste Testing Series!**

**Featured Recipe:**

**Southwest Quinoa Salad**

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Dear Families,

Starting in January 2015, your school's Food Service Advisory and District Wellness Committees will proudly implement a monthly School Lunch Recipe Taste Testing Series. This effort is intended to broaden student experiences with a variety of flavorful foods. We hope to introduce new recipes into school meals that students will enjoy and that meet the new USDA meal pattern. The recipes will highlight various nutrient dense foods that promote good health like orange/red vegetables, dark leafy greens, whole-grains and beans/legumes. Featured recipes will be sent home every month for you to see what your child sampled and for you to enjoy as well!

This month's recipe is a Southwest quinoa salad that makes for a tasty and nutrient-packed side dish. It is made with quinoa, black beans, corn, and sweet red peppers. All of these ingredients combined create a dish that is high in both fiber and protein. Fiber is found in whole grains, nuts, seeds, fruits and vegetables. There is an abundance of fiber in this recipe. Fiber is responsible for adding bulk to the diet and therefore allows us to feel full more quickly. It can also help lower cholesterol<sup>1</sup>. The protein in this dish is found in the combination of corn with beans, as well as in the quinoa. Though corn and beans separately are not a complete protein source, the combination of the two makes it complete. Quinoa is a whole grain that is naturally rich in fiber, yet it also meets the requirements to be considered a protein, making it a unique food. Protein is important in the diet for growth, development, cell repair, maintenance of tissues, and many more body processes<sup>2,3</sup>. Try this delicious recipe at home for yourself.

### Southwest Quinoa Salad

1 Cup Quinoa	¾ tsp Salt
1 Cups Black Beans	1 Tbsp Red Wine Vinegar
½ Cup Red Bell Pepper, chopped	¼ Cup Olive Oil
¼ Cup Cilantro	1 tsp Cumin
1 Cup Corn	Optional: Chili Powder

**Directions:**

- 1.) Rinse and cook quinoa by following the directions on the package
- 2.) Drain and rinse black beans
- 3.) Dice peppers and cilantro and mix with the corn
- 4.) Wait until quinoa cools and mix all ingredients together and mix well
- 5.) Chill, serve and enjoy!

Yield: 11, ½ cup (4 oz) servings • Prep time: 15 min • Cooking time: 25 min •  
Per serving<sup>4</sup>: Calories: 192 • Total fat (saturated fat): 6.7 g (1 g) • Sodium: 277 mg • Fiber: 4.6 g

<sup>1</sup> Dietary Fiber. National Institutes of Health website: <http://www.nlm.nih.gov/medlineplus/dietaryfiber.html>. Accessed November 19, 2014.

<sup>2</sup> Healthy Food Trends-Quinoa. National Institutes of Health website: <http://www.nlm.nih.gov/medlineplus/ency/patientinstructions/000731.htm>. Accessed November 19, 2014.

<sup>3</sup> Protein Factsheet. University of North Dakota Dining Services website: [https://und.edu/student-life/dining/\\_files/docs/factsheets/protein.pdf](https://und.edu/student-life/dining/_files/docs/factsheets/protein.pdf). Accessed November 18, 2014.

<sup>4</sup> National Nutrient Database for Standard Reference Release 27. USDA ARS website: <http://ndb.nal.usda.gov/ndb/search/list>. Accessed November 19, 2014.