

## Harvest of the Month

### MARCH - GRAINS

Try it in school lunch!



~ *GIVE IT A TRY AT HOME* ~



### Herbed Quinoa

Prep time: 20 minutes; Cook time: 1 hour and 20 minutes; Serves: 4  
Recipe from foodnetwork.com

### Fun Facts about Grains

- A grain is a seed harvested from a grass (like wheat or corn).
- Popcorn is one type of whole grain enjoyed by many people. It comes from a special type of corn called “Zea mays everta.” This is the only type of corn that can “pop.”
- Quinoa (pronounced “keen-wa”) is a whole grain that dates back to ancient Incan civilizations. It was so important that it was called the “gold of the Incas.”
- Whole grains provide carbohydrates, protein, fiber, vitamins and minerals, which are good for your health.

### Buying Local Food is Good for the Local Economy!



Buying from restaurants and grocers who source locally supports local farmers. Through the simple act of eating, you support these farms and ensure they continue providing fresh, tasty, nutritious local food to the entire community.

**Creating lifelong healthy eaters by connecting the cafeteria to the garden, classroom and the community**

### Ingredients:

#### Quinoa:

2  $\frac{3}{4}$  cups low-sodium chicken stock or vegetable broth

$\frac{1}{4}$  cup fresh lemon juice

1  $\frac{1}{2}$  cups quinoa

#### Dressing:

$\frac{1}{4}$  cup extra-virgin olive oil

$\frac{1}{4}$  cup fresh lemon juice

$\frac{3}{4}$  cup chopped fresh basil leaves

$\frac{1}{4}$  cup chopped fresh parsley leaves

1 tablespoon chopped fresh thyme leaves

2 teaspoons lemon zest

Kosher salt and freshly ground black pepper, to taste



### What to do:

- For the quinoa: In a medium saucepan, add the chicken stock or veggie broth, lemon juice and quinoa. Bring to a boil over medium-high heat. Reduce the heat to a simmer, cover the pan and cook until all the liquid is absorbed, about 12 to 15 minutes.
- For the dressing: In a small bowl, mix together the olive oil, lemon juice, basil, parsley, thyme, and lemon zest. Season with salt and pepper, to taste.
- Pour the dressing over the quinoa and toss until all the ingredients are coated. Season with salt and pepper, and serve.