Recipe: Black Bean and Quinoa Salad Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Servings: 2 people

**Ingredients:**

Cook as a unit:

250mL \_\_\_\_\_\_\_\_\_\_\_\_ quinoa + 500mL of water

250mL \_\_\_\_\_\_\_\_\_ quinoa

30mL  oil

2.5mL  ground cumin

\_\_\_\_\_\_\_\_ clove garlic, minced

15mL Lime Juice (1/2 lime)

2.5mL  salt

1.25mL \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_mL canned black beans

1/3  colored bell pepper, diced

\_\_\_\_\_\_\_\_\_\_ green onions, chopped

30mL cilantro, chopped

½ Avocado (Day 2)

**Instructions:**

**Day One**

1. Prepare the quinoa as a **unit**: Combine \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and 500mL water in a small saucepan.
2. Bring the saucepan \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, then cover and reduce heat \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. When timer goes remove from stovetop, fluff quinoa with a fork then set aside until ready to use.
3. While the quinoa is cooking \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ by mixing oil, cumin, garlic, lime, salt, and cayenne together.
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the black beans
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ cooked quinoa into \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ portions
4. Combine 250mL cooked quinoa with chopped vegetables, black beans and dressing.
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Day 2**

1. Dice \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ then mix into salad. Serve and enjoy

Tray Equipment

Dishwasher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Housekeeper: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dish dryer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Special Duties: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cooking Time:

 Baking Time:

Person A: (day 1) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Person B: (day1)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(day2) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (day2) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Questions**:

1. Match the description with the ingredients used in this recipe:

Great source of complex carbohydrates, fiber, protein as well as calcium, iron, manganese, magnesium, and folate etc.

Provided by : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Fiber, protein, iron, potassium, magnesium, and folate. They’re also low on the glycemic index

Provided by : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Vitamin C, A, E, and K as well as antioxidants that help reduce harmful free radicals in your body.

Provided by : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



*How to. Easily Cut an Avocado – 2 different ways.* (Evolving Table - Youtube)

<https://www.youtube.com/watch?v=Qov1KLcxlkg> – 5:23

2. Name 3 ways to tell if an avocado is ripe?

3. Describe how to remove the pit.

4. What is oxidation?

5. Describe how to store half an avocado.

**After the Lab Reflection**

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| --- | --- |
| Rate the recipe. What did you like or not like about it?  |  |