Grayslake Middle School students were provided the opportunity to participate in a special Dietitian Test Kitchen Sampling on Thursday, October 26th! During the lunch periods, all of the students were presented with the featured healthy recipe sample:

**Spanish Quinoa!**

The quinoa was prepared with fresh sautéed garlic cloves, low-sodium vegetarian broth, black beans, whole kernel corn, fire-roasted tomatoes, chili powder, ground cumin, ground black pepper, fresh lime juice, fresh chopped cilantro, **white quinoa**, and topped with melted cheddar cheese. This featured healthy recipe offered an exciting spin to the traditional Spanish rice recipe. Over 350 samples were given away and students were encouraged to fill out a brief survey. Students and staff offered suggestions, such as adding more spice, adding chicken, and serving as a taco. The majority of the students really enjoyed the sample, and we were pleased to have such a positive student approval of this healthy, vegetarian entrée option.