

# BBQ Chopped Salad Bowl

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Brown rice, instant, cooked	7 pounds, dry		14 pounds, dry	
Garbanzo beans, canned, drained, and rinsed		2 -#10 cans		4-#10 cans
Prepared BBQ sauce, divided		1 ½ quarts		3 quarts
Romaine lettuce, chopped, ready-to-use	2 pounds		4 pounds	
Carrots, shredded, ready-to-use	2 pounds 12 ounces		5 pounds 8 ounces	
Tomato, diced, ready-to-use	3 pounds		6 pounds	
Corn, frozen, but thawed and drained	4 pounds 12 ounces		9 pounds 8 ounces	
Black beans, canned, drained, and rinsed		2 - #10 cans		4 - #10 cans

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

## Preparation

### Rice

1. Prepare rice according to package. Fluff. Place in warmer until service.

\*Recommended cooking method: Steam covered for approximately 15 minutes.

Alternative cooking methods:

- Boil water and pour over rice. Bake covered rice in the oven at 350°F for approximately 30 minutes.
- Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.

### BBQ Chickpea ingredients

2. Heat oven to 400 degrees Fahrenheit.

3. In a large bowl, toss chickpeas with the BBQ sauce arrange in single layers on parchment-lined sheet pans. Bake for 20 minutes. The chickpeas should be sticky when done. Let cool 5-10 minutes.

Follow serving information below. The bowls are designed to be prepared ahead of meal service.



# BBQ Chopped Salad Bowl Continued

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## Serving Information/Notes

1. In a parfait cup, layer the following ingredients:
  - a. 1 cup brown rice
  - b. ¼ cup drained black beans
  - c. ¼ chopped romaine lettuce
  - d. ¼ cup shredded carrots
  - e. ¼ cup thawed corn
  - f. 2 Tablespoons (1/8 cup) diced tomatoes
  - g. ¼ cup BBQ chickpeas
  - h. Serve with additional BBQ sauce or favorite salad dressings.

Each bowl provides 2 meat alternates, 2 ounce grain equivalents, 1/8 cup dark green vegetable, 3/8 cup red/orange vegetable, and ¼ cup starchy vegetable (a total of ¾ cup vegetable serving).

## Nutrition Information

\*Information will vary based on specific ingredients

Calories: 671 Total Fat: 5.7g Saturated Fat: 0.6g Monounsaturated Fat: 1g Polyunsaturated Fat: 1.8g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 92g Fiber: 17g Total Sugars: 15g Protein: 24g Sodium: 544mg  
Vitamin A: 295µg Vitamin C: 15mg Calcium: 111mg Iron: 9mg Folate: 513µg

