BBQ Chopped Salad Bowl

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

Process # 2 – Same Day Service

Yield

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>50 Servings</th>
<th>100 Servings</th>
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</thead>
<tbody>
<tr>
<td>Brown rice, instant, cooked</td>
<td>7 pounds</td>
<td>14 pounds</td>
</tr>
<tr>
<td>Garbanzo beans, canned, drained, and rinsed</td>
<td>2 -#10 cans</td>
<td>4-#10 cans</td>
</tr>
<tr>
<td>Prepared BBQ sauce, divided</td>
<td>1 ½ quarts</td>
<td>3 quarts</td>
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<tr>
<td>Romaine lettuce, chopped, ready-to-use</td>
<td>2 pounds</td>
<td>4 pounds</td>
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<tr>
<td>Carrots, shredded, ready-to-use</td>
<td>2 pounds 12 ounces</td>
<td>5 pounds 8 ounces</td>
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<tr>
<td>Tomato, diced, ready-to-use</td>
<td>3 pounds</td>
<td>6 pounds</td>
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<tr>
<td>Corn, frozen, but thawed and drained</td>
<td>4 pounds 12 ounces</td>
<td>9 pounds 8 ounces</td>
</tr>
<tr>
<td>Black beans, canned, drained, and rinsed</td>
<td>2 - #10 cans</td>
<td>4 - #10 cans</td>
</tr>
</tbody>
</table>

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:
   a. Boil water and pour over rice. Bake covered rice in the oven at 350°F for approximately 30 minutes.
   b. 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