

Buffalo Chickpea Bowl

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

Process # 2 – Same Day Service

Yield **50 Servings** OR **100 Servings**

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Garbanzo beans, canned, drained, and rinsed		2 ½ -#10 cans		5-#10 cans
Cauliflower florets, ready-to-use	5 pounds 8 ounces		11 pounds	
Vegetable or canola oil		1 quart		2 quarts
Garlic powder		1 ½ cups		3 cups
Buffalo ‘wing’ sauce (not hot sauce)		1 ½ quarts		3 quarts
Quinoa, cooked OR Brown rice, instant, cooked	7 pounds 12 ounces, dry OR 7 pounds, dry		15 pounds 8 ounces, dry OR 14 pounds, dry	
Carrot sticks, ready-to-use	3 pounds 4 ounces		6 pounds 8 ounces	
Celery sticks, ready-to-use	3 pounds 12 ounces		7 pounds 8 ounces	

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.

Buffalo Chickpea ingredients

2. Heat oven to 350 degrees Fahrenheit.

3. In a large bowl, toss chickpeas and cauliflower florets with oil and arrange in single layers on parchment-lined sheet pans. Roast 30-40 minutes, until chickpeas are golden brown and the cauliflower is beginning to brown.

5. Transfer the roasted chickpeas and cauliflower to another bowl with the buffalo ‘wing’ sauce and toss to coat.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Follow serving information below. The bowls can be prepared on the serving line or ahead of time.



Buffalo Chickpea Bowl Continued

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Serving Information/Notes

1. In a bowl, portion one cup of cooked quinoa or brown rice.
2. On the rice, portion the following ingredients in separate areas, do not layer.
 - a. 1 cup buffalo roasted chickpeas and cauliflower mixture
 - b. 3 sticks of carrots
 - c. 3 sticks of celery
3. Serve with a variety of dressings.

Each bowl provides 2 meat alternates, 2 ounces grain equivalent, $\frac{3}{4}$ cup other vegetable, and $\frac{1}{4}$ cup red orange vegetable.

Nutrition Information

Calories: 491 Total Fat: 17g Saturated Fat: 1.3g Monounsaturated Fat: 9.5g Polyunsaturated Fat: 5g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 71g Fiber: 17g Total Sugars: 6g Protein: 13g Sodium: 544mg Vitamin A: 70 μ g Vitamin C: 28mg Calcium: 76mg Iron: 5.8mg Folate: 374 μ g

