

Kashmiri 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: Advanced

Ingredients	Weight	Measure	Weight	Measure
Garbanzo beans, canned, drained, and rinsed		2 ½ -#10 cans		5-#10 cans
Broccoli florets, ready-to-use	3 pounds 8 ounces		7 pounds	
Vegetable or canola oil		1 quart		2 quarts
Garam Masala, prepared or follow sub-recipe		1 cup		2 cups
Salt		½ cup		1 cup
Black pepper		¼ cup		½ cup
Brown rice, instant, cooked	7 pounds, dry		14 pounds, dry	
Cucumber, diced or sliced, ready-to-use	5 pounds		10 pounds	
Tomatoes, diced, ready-to-use	6 pounds		12 pounds	
Salt		¼ cup		½ cup
Lemon juice		1 cup		2 cups

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.

Kashmiri Chickpea ingredients

- Heat oven to 350 degrees Fahrenheit.
- In a large bowl, toss chickpeas and broccoli florets with oil and arrange in single layers on parchment-lined sheet pans. Roast 30-40 minutes, until chickpeas are golden brown and the broccoli is beginning to brown.
- Meanwhile, in a large bowl, combined the cucumber, tomatoes, salt, and lemon juice. Toss until well coated.
- Transfer the roasted chickpeas and broccoli to another bowl with the Garam Masala spice blend and toss to coat.

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



Kashmiri Chickpea Bowl Continued

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Serving Information/Notes

1. In a bowl, portion one cup of cooked brown rice.
2. On the rice, portion the following ingredients in separate areas, do not layer.
 - a. 1 cup Kashmiri roasted chickpeas and broccoli
 - b. 3/4 cup cucumber tomato salad
3. Serve with a variety of salad dressing options.

Each bowl provides 2 meat alternates, 2 ounces grain equivalent, ½ cup dark green vegetable, and ¼ cup red orange vegetable, and ¼ cup other vegetable.

Nutrition Information

Calories: 483 Total Fat: 17g Saturated Fat: 1.3g Monounsaturated Fat: 9.5g Polyunsaturated Fat: 5g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 70g Fiber: 10g Total Sugars: 6.7g Protein: 12g Sodium: 321mg Vitamin A: 21µg Vitamin C: 25mg Calcium: 112mg Iron: 6mg Folate: 348µg

