

Buddha Bowl

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

Process #2-Same Day Service

YIELD

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Marinade				
Low Sodium Teriyaki marinade		4 cups		8 cups
Other Ingredients				
Garbanzo beans, cooked, drained, rinsed		1 ¼ #10 cans		2 ½ #10 cans
Edamame, shelled (shell removed), cooked	4 lbs. 12 oz.		9 lbs. 8 oz.	
Brown rice, dry, long grain, regular OR Brown rice, dry, instant	5 lbs. 12 oz. OR 3 lbs. 8 oz.		11 lbs. 8 oz. OR 7 obs.	
Cabbage, shredded, ready to use	4 lbs.		7 lbs. 12 oz.	
Zucchini, small dice	4 lbs.		8 lbs.	
Carrot, shredded, ready to use	2 lbs. 12 oz.		5 lbs. 4 oz.	
Grape tomatoes	4 lbs. 4 oz.		8 lbs. 8 oz.	

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

Preparation

1. Preheat the oven to 400 degrees F. Line a baking sheet with foil or parchment paper
2. Reserve ¼ cup marinade
3. In a bowl add the chickpeas and edamame to and toss thoroughly to cover.
4. Drain chickpea/edamame mixture and then spread the mixture on the prepared baking sheet. Roast for 15-20 minutes, until the chickpeas are golden brown and crispy. Remove from the oven and set aside. Let the chickpeas cool.
5. Meanwhile, prepare the rice as directed on the package.

Serving Information

On a plate or in a bowl portion ½ cup cooked rice in the center. Around the rice portion ½ cup shredded cabbage, ¼ cup zucchini, ¼ cup carrot, ¼ cup tomatoes and 1/2 cup of the roasted chickpea and edamame mixture.

**Optional: drizzle 1 Tbsp. reserved marinade sauce on top.

Each bowl provides 2 meat alternates, 1-ounce grain equivalent and 1 cup vegetable component (1/2 cup other and ½ cup red orange).

Nutrition Information *From USDA Nutrient Database

Calories: 303 Total Fat: 2g Saturated Fat: 0.3g Monounsaturated Fat: 0.3g Polyunsaturated Fat: 0.6g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 63g Fiber: 6.5g Total Sugar: 29g Protein: 7.5g Sodium: 423mg Vitamin A: 1µg Vitamin C: 5mg Calcium: 84mg Iron: 2.3mg Folate: 81µg



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