



Quinoa Bowl

An ancient grain called quinoa with creamy avocado, hearty black beans, and a zesty soy ginger dressing becomes a tantalizing mix of flavors in every bite.

Preparation Time: 30 minutes

Cook Time: 1 hour

CACFP Crediting Information:

1 quinoa bowl provides ½ cup total vegetable (⅛ cup additional vegetable, ⅛ cup beans, peas, and lentils, ⅛ cup red/orange vegetable, ⅛ cup other vegetable), 2.00 oz eq meat/meat alternate, 2.00 oz eq grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Quinoa, dry	4 lbs	2 qt	8 lbs	1 gal	1 Rinse quinoa thoroughly in a mesh strainer until water runs clear, not cloudy. 2 Combine quinoa, water and salt in a covered stockpot and bring to a boil. Reduce heat and simmer until water is completely absorbed about 10-15 minutes. When done, the quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Transfer cooked quinoa to a shallow pan and refrigerate to cool. Critical Control Point: Cool to 41°F or lower within 4 hours.
Water		3 qt		1 ½ gal	
Salt		1 tsp		2 tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Lime juice, fresh		1 ½ cups		3 cups	3 Dressing: In a separate bowl combine lime juice, rice vinegar, sesame oil, olive oil, soy sauce, and ginger. Whisk together until ingredients are well combined. Set aside for step 4.
Rice vinegar, unseasoned		¾ cup		1 ½ cups	
Sesame oil		¾ cup		1 ½ cups	
Olive oil		¾ cup		1 ½ cups	
Soy sauce, low sodium		¼ cup 2 Tbsp		¾ cup	
Ginger, fresh, finely minced		¼ cup 2 Tbsp		¾ cup	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Pepper, bell, red, fresh, small dice	1 lb 8 oz	1 qt 1 cup	3 lbs	2 qts 2 cups	4 In a large bowl combine the bell peppers, black beans, green onions, and cilantro. Add the dressing and mix well. Let marinate in the refrigerator for 1 hour. Critical Control Point: Cool to 41°F or lower within 4 hours.
Black beans, canned, low-sodium rinsed, and drained	1 lb 4 oz	3 cups	2 lbs 8 oz	1 qt 2 cups	5 Scoop 1 cup chilled quinoa into each bowl.
*Onions, green, fresh with tops, sliced	8 oz	3 cups	1 lb	1 qt 2 cups	6 Using a No. 8 scoop, place ½ cup of black bean mixture on top of quinoa.
*Cilantro, fresh, rinsed, stems removed, finely chopped	4 oz	1 cup	8 oz	2 cups	7 Just before serving, top with 1 oz of avocado and 2 halves of hard boiled egg.
*Avocado, mashed	1 lb 8 oz	3 cups	3 lbs	1 qt 2 cups	8 Serve immediately. Serve 1 quinoa bowl per person.
Eggs, large, hard-boiled, halved	3 lbs	25 eggs	6 lbs	50 eggs	

NUTRITION INFORMATION

For 1 quinoa bowl

NUTRIENTS	AMOUNT
Calories	515
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Total Fat	28 g
Saturated Fat	4 g
Cholesterol	187 mg
Sodium	352 mg
Total Carbohydrate	50 g
Dietary Fiber	9 g
Total Sugars	3 g
Added Sugars	0 g
Protein	17 g
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Vitamin A	1520 IU
Vitamin C	44 mg
Calcium	82 mg
Iron	4 mg
N/A=no information available	

Source:

USDA Standardized Recipes Project - 2024

***MARKETING GUIDE**

Food as Purchased for	25 Servings	50 Servings
Onions, green, fresh with tops	10 oz	1 lb 4 oz
Cilantro, fresh	5 oz	10 oz
Avocado, fresh	2 lbs 4 oz	4 lbs 8 oz
Lime juice, fresh	12 oz	24 oz
Pepper, bell, red, fresh	1 lb 14 oz	3 lbs 12 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

The food safety temperatures are based on the FDA Food Code. Some information included may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your operation.

Cooking Process #2: Same Day Service.

YIELD/VOLUME

25 Servings	50 Servings
Quinoa: About 9 lbs 8 oz	Quinoa: About 19 lb
About 1 gal 2 qt /1 steam table pan (12" x 20" x 2 ½"). Dressing: 2 lbs 5 oz, 4 ½ cups 25 eggs 1 lb 8 oz avocado	About 3 gal/2 steam table pans (12" x 20" x 2 ½"). Dressing: 4 lb 10 oz, 2 qt 1 cups 50 eggs 3 lb avocado