

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!

CACFP Crediting Information:

1 quinoa bowl provides ½ cup total vegetable (¼ cup additional vegetable, ¼ cup beans, peas, and lentils, ¼ cup red/orange vegetable, ¼ cup other vegetable), 2.00 oz eq meat/meat alternate, 2.00 oz eq grains.



Preparation Time: 30 minutes
Cooking Time: 20 minutes
Makes: 6 servings

Ingredients

- 1 lb quinoa, dry
- 2 cups (16 oz) water
- ¼ tsp salt
- ⅓ cup lime juice, fresh
- 2 Tbsp rice vinegar, unseasoned
- 2 Tbsp sesame oil
- 2 Tbsp olive oil
- 2 tsp soy sauce, low sodium
- 1 Tbsp ginger, fresh, finely minced
- 1 cup black beans, canned, low sodium, rinsed, drained
- 1 cup bell pepper, red, fresh, small, diced
- ¼ cup fresh cilantro, stems removed, finely minced
- ⅓ cup onion, green, fresh, tops and bottom, sliced
- ¾ cup avocado, mashed
- 6 eggs, large, hard-boiled, halved

Directions

- 1 Rinse quinoa thoroughly in a mesh strainer until water runs clear, not cloudy.
- 2 In a medium saucepan, bring water to a boil. Add quinoa and salt, and return to a boil. Reduce heat to low and simmer, uncovered, for 10-15 minutes until water is completely absorbed. Note: When done, quinoa will be soft and a white ring will pop out of the kernel. Transfer cooked quinoa to a shallow pan and refrigerate to cool.
Critical Control Point:
 Cool to 41°F or lower within 4 hours.
- 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.
- 4 In a medium bowl combine the black beans, bell peppers, cilantro, and green onions. Add the dressing and mix well. Let marinate for 1 hour.
Critical Control Point:
 Cool to 41°F or lower within 4 hours.
- 5 Remove quinoa from refrigerator. Using an 8 oz spoodle, scoop 1 cup chilled quinoa into each bowl.
- 6 Using a No. 8 scoop, portion ½ cup of the black bean mixture on top of the quinoa.
- 7 Just before serving, top with 1 oz scoop of avocado and 1 hard-boiled egg sliced in half.
- 8 Serve immediately. Serve one quinoa bowl per person.

NUTRITION INFORMATION

For 1 quinoa bowl

NUTRIENTS	AMOUNT
Calories	495
Total Fat	24 g
Saturated Fat	4 g
Cholesterol	211 mg
Sodium	285 mg
Total Carbohydrate	52 g
Dietary Fiber	11 g
Total Sugars	3 g
Added Sugars	0 g
Protein	19 g
Vitamin A	1507 IU
Vitamin C	55 mg
Calcium	87 mg
Iron	5 mg

N/A=no information available

NOTES

The food safety temperatures are based on Federal consumer food safety guidance. Some information 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.

Source:

USDA Standardized Recipe Project - 2024