



## 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

**NSLP/SBP 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	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Quinoa, dry	8 lbs	1 gal	16 lbs	2 gal	<p><b>1</b> Rinse quinoa thoroughly in a mesh strainer until water runs clear, not cloudy.</p> <p><b>2</b> 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.</p> <p><b>Critical Control Point:</b> Cool to 41°F or lower within 4 hours.</p>
Water		1 ½ gal		3 gal	
Salt		2 tsp		1 Tbsp 1 tsp	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Lime juice, fresh		3 cups		6 cups	<b>3</b> 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		1 ½ cup		3 cups	
Sesame oil		1 ½ cup		3 cups	
Olive oil		1 ½ cup		3 cups	
Soy sauce, low sodium		¾ cup		1 ½ cup	
Ginger, fresh, finely minced		¾ cup		1 ½ cup	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Pepper, bell, red, fresh, small diced	3 lbs	2 qts 2 cups	6 lbs	1 gal 1 qt	<b>4</b> 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. <b>Critical Control Point:</b> Cool to 41°F or lower within 4 hours.
Black beans, canned, low-sodium rinsed, and drained	2 lbs 8 oz	1 qt 2 cups	5 lbs	3 qts	<b>5</b> Scoop 1 cup chilled quinoa into each bowl.
*Onions, green, fresh with tops, sliced	1 lb	1 qt 2 cups	2 lbs	3 qts	<b>6</b> Using a No. 8 scoop, place ½ cup of black bean mixture on top of quinoa.
*Cilantro, fresh, rinsed, stems removed, finely chopped	8 oz	2 cups	1 lb	1 qt	<b>7</b> Just before serving, top with 1 oz of avocado and 2 halves of hard boiled egg.
*Avocado, mashed	3 lbs	1 qt 2 cups	6 lbs	3 qts	<b>8</b> Serve immediately. Serve 1 quinoa bowl per person.
Eggs, large, hard-boiled, halved	6 lbs	50 eggs	12 lbs	100 eggs	

**NUTRITION INFORMATION**

For 1 quinoa bowl

**NUTRIENTS** **AMOUNT**

**Calories** **515**

**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**

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	50 Servings	100 Servings
Onions, green, fresh with tops	1 lb 4 oz	2 lbs 8 oz
Cilantro, fresh	10 oz	1 lb 4 oz
Avocado, fresh	4 lbs 8 oz	9 lbs
Lime juice, fresh	24 oz	48 oz
Pepper, bell, red, fresh	3 lbs	6 lbs

**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**

50 Servings	100 Servings
Quinoa: About 19 lbs	Quinoa: About 38 lbs
About 3 gal/2 steam table pans (12" x 20" x 2 1/2"). Dressing: 4 lbs 10 oz, 2 qts 1 cup 50 eggs 3 lbs avocado	About 6 gal/4 steam table pans (12" x 20" x 2 1/2"). Dressing: 9 lbs 4 oz, 1 gal 2 cups 100 eggs 6 lbs avocado

