



Name of Recipe: Buddha Bowl

TCS Process: #3 Complex

Number of Portions: 4

Meal Contribution: 2 WGR Grain, 2.5 M/MA,

1/8 cup dark green vegetable, 3/8 cup red/orange vegetable

Alternate Menu Name:

Group Code: Entrees

Portion Size: Each

Ingredients	Measure	Instruction	
Quinoa	1 cup	<p>Step A:</p> <ol style="list-style-type: none"> 1. Add quinoa and water to a small saucepan. Bring water to a boil. Cover, reduce heat to a simmer, and cook for approximately 15 minutes until water is absorbed. Turn off heat, and let quinoa sit for 10 minutes before fluffing with a fork. CCP: Hold for hot service at 135°F or higher. <p>Step B:</p> <ol style="list-style-type: none"> 2. Make peanut sauce. Combine peanut butter, soy sauce, lime juice, honey, garlic powder, ginger powder, and red pepper flakes in a small bowl; whisk until smooth. 3. Slowly add water, whisking continuously. CCP: Hold and serve at 41°F or lower. <p>Step C:</p> <ol style="list-style-type: none"> 4. Pickle carrots. Add shredded carrots, water, sugar, vinegar, and salt to a medium sauté pan. Bring to a boil, stirring occasionally, for 1-2 minutes, until sugar is dissolved. 5. Transfer to a bowl. Set aside to cool, stirring occasionally, for at least 10 minutes. CCP: Cool to 41° F or lower within 4 hours. CCP: Hold for cold service at 41° F or lower. <p>Step D:</p> <ol style="list-style-type: none"> 6. Place the edamame in a steaming basket over boiling water; cover and steam for 5-6 minutes. CCP: Hold for hot service at 135°F or higher. <p>Step E:</p> <ol style="list-style-type: none"> 7. Drain and rinse garbanzo beans. Place in a mixing bowl and toss 	
Water	3 cups		
Peanut butter, smooth	½ cup		
Soy sauce, low sodium	2 Tbsp + 2 tsp		
Lime juice, bottle or fresh	1 Tbsp		
Honey	2 tsp		
Garlic powder	½ tsp		
Ginger powder	½ tsp		
Red pepper flakes	¼ tsp		
Water	¼ cup + 2 Tbsp		
Carrots, shredded	1 ¼ cups		
Water	¼ cup		
Sugar, granulated	1 ½ Tbsp		
Vinegar, apple cider	1 ½ Tbsp		
Salt	1/8 tsp		

Edamame, frozen, shelled	6 oz	<p>with Sriracha. CCP: Hold and serve at 41°F or lower.</p> <p>Step F: 8. Rinse red bell pepper under running water. Dice into ½" pieces. CCP: Hold and serve at 41°F or lower.</p> <p>Step G: 9. Assemble Buddha Bowl. Place 1 cup quinoa in bottom of bowl. Top with ¼ cup pickled carrots, steamed edamame, ¼ cup sriracha spiced garbanzo beans, and ¼ cup spinach. Sprinkle 2 Tbsp diced red pepper in middle. Drizzle with ¼ cup peanut sauce or serve on side.</p>
Garbanzo beans, canned, low sodium	1 cup	
Sauce, Sriracha	1 tsp	
Bell pepper, red	½ cup	
Spinach, baby, fresh, pre-washed	1 cup	