



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	Step A: 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.
Water	3 cups	
Peanut butter, smooth	½ cup	Step B: 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.
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	1.25 cups	<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. <p>CCP: Cool to 41° F or lower within 4 hours. CCP: Hold for cold service at 41° F or lower.</p>
Water	¼ cup	
Sugar, granulated	1.5 Tbsp	
Vinegar, apple cider	1.5 Tbsp	
Salt	1/8 tsp	
Edamame, frozen, shelled	6 oz	<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. <p>CCP: Hold for hot service at 135°F or higher.</p>
Garbanzo beans, canned, low sodium	1 cup	<p>Step E:</p> <ol style="list-style-type: none"> 7. Drain and rinse garbanzo beans. Place in a mixing bowl and toss with sriracha. <p>CCP: Hold and serve at 41°F or lower.</p>
Sauce, Sriracha	1 tsp	
Bell pepper, red	½ cup	<p>Step F:</p> <ol style="list-style-type: none"> 8. Rinse red bell pepper under running water. Dice into ½" pieces. <p>CCP: Hold and serve at 41°F or lower.</p>
Spinach, baby, fresh, pre-washed	1 cup	<p>Step G:</p> <ol style="list-style-type: none"> 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.