

Baja Grain Bowl Recipe

Recipe HACCP Process: #3 Complex Food Preparation

Serving Size: 1 bowl

Yield: 24

Source: Health-E Pro

Ingredients:

Ingredient Name	Measurements
Tomatoes, red, ripe, raw	6 cup cherry tomatoes
Kale, raw	1 qt + 2 cups (chopped)
Rice, brown, long-grain, cooked, no salt	1 gal + 2 cups
Seasoned Black Beans:	
Chili Powder	2 tbsp
Cumin, ground	2 tbsp
Allspice, ground	2 tbsp
Salt, table	1 tbsp
Sugars, granulated	2 tbsp
Mexican Street Corn Salad:	
Corn, Whole kernel, no salt added, canned	12 ½ cup
Mayonnaise dressing, no cholesterol	1/3 cup
Cheese, parmesan, grated	6 oz
Limes, raw	3 fruit (2" diameter)
Peppers, jalapeno, raw	3 pepper
Cilantro	½ cup
Onions, red, raw	12 tbsp (chopped)
Garlic powder	2 tbsp
Chili powder	2 tbsp
Salt, table	1 tbsp

Ingredient Name	Measurements
Pepper, black	1 tsp (ground)
Chipotle Sauce:	
Sauce, peppers, hot chili, mature red	6 oz
Sour cream, fat free	½ cup
Mayonnaise, dressing, no cholesterol	½ cup
Cilantro	2 tbsp + 2 tsp (minced)
Pepper, red or cayenne	1 tbsp
Garlic powder	2 tbsp
Cumin, ground	2 tbsp

**Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritionals may change if substituted.*

Instructions:

1. Combine black beans, chili powder, cumin, allspice, salt, and sugar to make seasoned black beans. Set aside.
2. Combine corn, mayo, cheese, lime juice, jalapenos, cilantro, red onion, garlic powder, chili powder, salt, and black pepper to make the Mexican street corn salad portion. Set aside.
3. Combine chipotle pepper sauce, sour cream, mayo, cilantro, cayenne, garlic powder, and ground cumin to make the chipotle sauce. Set aside.

To assemble bowl:

1. Place ¾ cup of the cooked brown rice in serving bowl.
2. Top with seasoned black beans, Mexican street corn salad, diced tomatoes, chopped kale, and drizzle with chipotle sauce (or serve sauce on side).

Nutritional Analysis:

Nutrients	Nutrients Per Serving
Calories	378 kcal
Total Fat	11.20 g
Saturated fat	2.38 g
Trans Fat	0.06 g
Cholesterol	6.46 mg
Sodium	895.20 mg
Total Carbohydrate	60.62 g
Dietary Fiber	10.21 g
Total Sugars	4.29 g
Protein	12.13 g

Meal Component Information:

Meal Components	Amount
Meat/Meat Alternate	2 oz
Grain	1.5 oz
Vegetable	1 cup

**Note: For schools with access to Mosaic, these recipes are also available to import from the Community recipe section by searching the recipe name or using the search term of "John C. Stalker" as the district.*