



# JERSEY TASTES!

## RECIPES

### Power Bowl



## INGREDIENTS:

### FAMILY-SIZE SERVES 3

- 1/2 pound Brown Rice, Barley Or Quinoa
- 1/2 each 15.5 ounce can Chick Peas, drained
- 5 ounces Edamame, shelled or 1/2 each 15.5 ounce can Black Beans, drained
- 3 cups Veggies; Choose 4 each NJ In-Season or NJ Frozen  
(**CHOOSE 4 each:** Sweet Potato Cooked, Broccoli, Carrots, Green/Orange/Purple Cauliflower, Cucumbers, Peppers, Tomatoes, Frozen & Thawed Green Beans, Corn, Peas or Asparagus/Cooked)
- 2 ounces Roasted Pepitas or Sunflower Seeds
- 3 ounces Asian Dressing

*Complete Lunch Entrée!*

### SCHOOL FOOD SERVICE # PORTIONS: 12

- 2 pounds Brown Rice, Barley Or Quinoa
- 1/3 each #10 can Chick Peas, drained
- 1.25 pounds Edamame, shelled or 1/3 each #10 can can Black Beans, drained
- 12 cups Veggies; Choose 4 each NJ In-Season or NJ Frozen  
(**CHOOSE 4 each:** Sweet Potato Cooked, Broccoli, Carrots, Cucumbers, Peppers, Green/Orange/Purple Cauliflower, Tomatoes, Frozen & Thawed Green Beans, Corn, Peas or Asparagus/Cooked)
- 6 ounces Roasted Pepitas or Sunflower Seeds
- 12 ounces Asian Dressing

**PORTION SIZE: One Bowl = 2 oz Meat Alt; 2 oz Grains; 1 cup Vegetables**



**Fun Fact:**  
Diets high in fruit & vegetables can help protect you against cancer, diabetes & heart disease.

## DIRECTIONS:

- 1 Cook rice, barley or quinoa according to manufacturer's instructions.
- 2 Portion 1 cup of cooked grain in each bowl.
- 3 Add 1/4 cup of chick peas & 1/4 cup of edamame or black beans in center of bowls.
- 4 Portion 1/4 cup of 4 different veggies in corners of bowls.
- 5 Top with 1-2 tablespoons of nuts.
- 6 Drizzle with 1 ounce of dressing.

RECIPES MADE IN COLLABORATION WITH:

