



PROTEIN BOWL



PROTEIN BOWL

PORTION
SIZE:
1 BOWL

Ingredients	50 Servings		100 Servings		Directions
	Measure	Weight	Measure	Weight	
Quinoa	2 qt. ½ c.	3 lb. 6 oz.	4 qt. 1 c.	6 lb. 12 oz.	<ol style="list-style-type: none"> Mix quinoa with broth and water. Bring to boil and cover. Decrease heat and simmer for 15 minutes until cooked. Fluff and cool. Blend orange juice, vinegar, salad oil, soy sauce, ginger, garlic, cumin, and salt. Mix turkey, beans, and cherry tomatoes with quinoa. Toss mixture with dressing. Mix spinach and kale. Peel and dice avocados. Use 12 oz. bowl for each serving. Place 1 c. of mixed greens in bowl. Place 2 #8 scoops of quinoa mixture on greens. Top with 2 tbsp. of diced avocado. Hold at 41° F until service.
Chicken broth, reduced sodium	3 qt.		1 gal. 2 qt.		
Water	1 qt.		2 qt.		
Orange Ginger Salad Dressing					
Orange juice	2 qt. 1 ½ c.		1 gal. 3 c.		
White vinegar	2 c.		1 qt.		
Vegetable salad oil	2 c.		1 qt.		
Soy sauce, reduced sodium	1 c.		2 c.		
Ground ginger	1 ½ tbsp.		3 tbsp.		
Granulated garlic	1 ½ tbsp.		3 tbsp.		
Cumin	3 tbsp.		¼ c. 2 tbsp.		
Salt	1 tbsp.		2 tbsp.		
JENNIE-O® All Natural Diced Turkey Breast ½", #263520		9 lb. 6 oz.		18 lb. 12 oz.	
Edamame beans, frozen, thawed	1 qt.		2 qt.		
Cherry tomatoes, halved		2 lb. 2 oz.		2 lb. 4 oz.	
					Ingredients cont.
					50 Servings
					100 Servings
					Measure
					Weight
					Measure
					Weight
					Baby spinach, RTU
					5 lb. 14 oz.
					11 lb. 12 oz.
					Kale, RTU, chopped
					3 lb. 2 oz.
					6 lb. 4 oz.
					Avocados, fresh
					15 ea.
					6 lb. 2 oz.
					30 ea.
					12 lb. 4 oz.

1 serving provides 2 oz. meat/meat alternate, 1 oz. servings bread/grain, ½ c. (Dark Green) and ¼ c. (Other) vegetable.

For preparation by a food preparation establishment only, according to the food code or equivalent.

Nutrients Per Serving

Calories	388 cal	Trans Fat	0 g	Carbohydrates	33 g
Fat	16 g	Cholesterol	37 mg	Dietary Fiber	6 g
Saturated Fat	2 g	Sodium	649 mg	Protein	28 g



check out
our recipes.

Think the pictures look delicious? Find the USDA formatted recipes behind the photos, plus other ideas, online at jennieofoodservice.com/k12