

Tropical Chickpeas with Pineapple

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process #2- Same Day Service

YIELD

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Measure	Measure
Pineapple tidbits, drained	1 ½ gallons + 1 cup OR 3 -#10 cans	¾ gallon + ½ cup OR 1 ½ -#10 cans
Onions, chopped	1 quart	1 pint
Carrots, shredded	¾ gallon + ½ cup (12 ½ cups)	1 ½ quarts + ¼ cup (6 ¼ cups)
Garlic powder	¼ cup	2 Tbsp.
Ginger, granulated	2/3 cup	1/3 cup
Maple Syrup	2 quarts	1 quart
Soy Sauce, reduced sodium	1 1/3 cups	2/3 cup
White Vinegar	2 ½ cups	1 ¼ cups
Garbanzo beans, canned, drained and rinsed	3 gallons + 1 pint OR 5 -#10 cans	1 ½ gallons + 1 cup OR 2 ½ -#10 cans
Cornstarch	1 pint	1 cup
Water	1 pint	1 cup
Rice Preparation		
1 ounce grain equivalent: Brown rice, dried	6 lbs. 4 oz.	3 lbs. 2 oz.
Water	1 quart	1 quart
2 ounce grain equivalents: Brown rice, dried	OR 12 lbs. 8 oz. 1 gallon (4 quarts)	OR 6 lbs. 4 oz. ½ gallon (2 quarts)
Water		

HACCP- Standard Operating Procedure- Use handwashing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Prepare rice by combining with water and cooking. Fluff. Place in warmer until service.

*Recommended cooking method: Steam or bake, covered for approximately 15 minutes. Alternative cooking method: Heat to a rolling boil. Cook until water is absorbed, about 30 minutes. HACCP Critical Control Point: Hold at 135°F or higher.

2. Combine pineapple, chickpeas, maple syrup, soy sauce, vinegar, onion, carrots, garlic and ginger in a saucepan, tilt skillet, kettle or steamtable pan. Simmer for 30 minutes, until sauce begins to thicken and chickpeas are well coated.

3. In a small bowl, whisk together cornstarch and cold water.

4. Add cornstarch mixture to the sauce, stirring constantly until the cornstarch is fully combined and mixture is thickened, approximately 3-5 minutes. Keep warm until meal service.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.



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Continued

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Serving Information for 2 M/MA

Portion 1 cup of Tropical chickpeas and Pineapple mixture over $\frac{1}{2}$ cup of brown rice.

Each serving provides 2 ounces meat/meat alternates, $\frac{1}{4}$ cup fruit, $\frac{1}{8}$ cup red/orange vegetable and 1 ounces grain equivalents. **Nutrition Information** per serving *From USDA Nutrient Database

Calories: 471 Total Fat: 6g Saturated Fat: 1g Monounsaturated Fat: 2g Polyunsaturated Fat: 2g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 92g Fiber: 9g Total Sugar: 24g Protein: 16g Sodium: 283mg Vitamin A: 117 μ g
Vitamin C: 7mg Calcium: 200mg Iron: 3mg Folate: 70 μ g

OR

Serving Information for 1 M/MA

Portion $\frac{1}{2}$ cup of Tropical chickpeas and Pineapple mixture over $\frac{1}{2}$ cup of brown rice.

Each serving provides 1 ounce meat/meat alternates, $\frac{1}{8}$ cup fruit, and 1 ounce grain equivalents.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 235 Total Fat: 3g Saturated Fat: 0.5g Monounsaturated Fat: 1g Polyunsaturated Fat: 1g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 46g Fiber: 4.5g Total Sugar: 12g Protein: 8g Sodium: 142mg Vitamin A: 59 μ g
Vitamin C: 3mg Calcium: 48mg Iron: 2.5mg Folate: 56 μ g

