

LENTIL AND OATS SAVORY BREAKFAST BOWL



YIELD: 18 servings

SERVING SIZE: #6 scoop

PREP TIME: 10-15 minutes

COOK TIME: 30-35 minutes



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This healthy and delicious breakfast bowl features oats, lentils, and vegetables - a nutrition powerhouse. The base of this bowl - red lentils and oats - is delicious alone, as a lunch bowl, or as the foundation to this breakfast bowl.

ONE PORTION PROVIDES:

1 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, ½ cup vegetables

FOR 50 SERVINGS:

TOTAL COOK TIME FOR LENTILS AND OATS: 20 MINUTES

TOTAL PREPARATION TIME: 50 MINUTES



INGREDIENTS	50 SERVINGS	DIRECTIONS
Lentils, red, dry	2 ½ pounds	1. In a tilt skillet or large pot, combine lentils, oatmeal, garlic, onion, and salt. Stir to mix in seasonings.
Oatmeal, kettle hearty or rolled	2 ¼ pounds	
Garlic, granulated	¼ cup	
Onion, granulated	¼ cup	
Salt, kosher	1 tablespoon	
Water, tap	7 ½ quarts	2. Add water and stir. Bring to a boil. Turn the heat down to low and cover and cook for 20 minutes.
		CCP: Hold for hot service at 135 °F or higher.
Tomatoes, cherry, washed	5 pounds	For tomatoes: 3. Preheat the oven to 425 °F. 4. Toss cherry tomatoes with oil, salt and pepper.
Oil, canola	¼ cup	
Salt, kosher	1 teaspoon	
Black pepper	1 teaspoon	

		5. Place in a 2-inch full-size steam table pan and roast the tomatoes for 25 to 35 minutes until tomatoes caramelize and have burst with juice in the pan.
Onions, scallions, sliced on a diagonal	3 ½ pounds	To assemble:
Bacon crumbles	14 ounces (about 3 ½ cups)	6. Using a 6-ounce ladle, place the lentil and oat mixture in the bottom of the bowl. 7. Top with ¼ cup (#16 scoop) scallions, ¼ cup (# 16 scoop) roasted tomatoes, and 1 tablespoon of bacon.

NUTRITION INFORMATION

1 serving

NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	230		Total Carbohydrate	33	(g)
Total Fat	5	(g)	Dietary Fiber	7	(g)
Saturated Fat	1.5	(g)	Total Sugars	3	(g)
Cholesterol	10	(mg)	Vitamin D	0	(mcg)
Sodium	280	(mg)	Calcium	49	(mg)
Protein	11	(g)	Iron	3	(mg)

NOTES

YIELD/VOLUME

SOURCE

Samantha Cowens Gasbarro, HealthySchoolRecipes.com