



## a M'Asian Taco

**Makes:** 50 Servings

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Ingredients	Weight	Measure
Raw 90% lean ground turkey	9.4 lb	
Shredded carrots		12 1/2 cup
Bok Choy cut into bite size pieces	7 lb	25 cups
Scallions		2 cup

Minced fresh garlic	2 1/2 oz	
Fresh ginger, minced	2 1/2 oz	
Dry thin whole wheat spaghetti	2 lb	
Oil, vegetable		1/3 cup
Cornstarch		1/2 cup
Water		1/2 cup
Bowls of taco bowls		50 bowls
Low Sodium Soy Sauce	15 oz	
Black pepper		4 tsp

## Directions

1. Peel and chop garlic and ginger very fine (in a buffalo chopper or cuisinart). Dice the scallions after washing.

Wash the Bok Choy and remove the end of the large white stem. Cut the rest of the Bok Choy in bite size pieces.

2. Mix water with corn starch (if making a recipe for over 50 servings). Set aside corn starch slurry and prepared vegetables.

3. In a large (40 gallon) kettle, add whole grain wheat spaghetti to boiling water and cook for 5 minutes. Drain the water, chill and set aside. Add the vegetable oil to a braising pan and bring the temperature to 350 degrees Fahrenheit, add ginger, garlic, and scallions and sweat for 2 minutes.

4. Add ground turkey, and cook thoroughly (approximately 10 minutes). Add Bok Choy, shredded carrots and continue to cook (5 minutes). Add corn starch slurry (if recipe is for 50 or more servings).

5. Add noodles and mix with all other ingredients. Add soy sauce and pepper to season. Place the finished lo-mein product in a hotel pan and put in warmer for serving. Place the taco shells in a hotel pan and put in the oven at 140 degrees Fahrenheit for 5 minutes.

6. Set up the line with taco shells and lo-mein noodles and fill the shells for serving.

## Notes

### Serving Tips:

This recipe is very versatile. Depending on availability of produce, the bok choy can be replaced with kale or collard greens. If no greens are available double up on the carrots.

**Source:** Baldwin Middle School (Recipes for Healthy Kids Competition)