

Sesame Asian Noodle Chicken Salad - USDA Recipe D560

Meal Components: Vegetable - Red / Orange, Vegetable - Beans / Peas, Vegetable - Other, Grains, Meat /

E-19

Meat Alternate

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh ginger, minced		2 Tbsp		1/4 cup	<ol style="list-style-type: none"> To make dressing, combine ginger, rice vinegar, soy sauce, orange juice, honey, oil, and garlic powder in a blender. Blend for 2 minutes at medium speed. Pour dressing into a container. Cover and refrigerate. Critical Control Point: Cool to 41 °F or lower within 4 hours.
Rice Vinegar		1 1/2 cups		3 cups	
Low-sodium soy sauce		1 cup		2 cups	
Orange juice		1/2 cup		1 cup	
Honey	4 oz	1/4 cup	8 oz	1/2 cup	
Canola oil		1 1/2 cups		3 cups	
Sesame Oil		1 1/2 cups		3 cups	
Canola oil		3 cups		1 qt 2 cups	

Water		2 gal		4 gal	3. Heat water to a rolling boil.
Spaghetti noodles, whole-wheat, dry	3 lb 2 oz	2 qt 2 cups	6 lb 4 oz	1 gal 1 qt	4. Slowly add pasta. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Rinse with cold water or ice water to rapidly cool. Drain well. Cover and refrigerate. 5. Critical Control Point: Cool to 70 °F or lower within 2 hours, and 41 °F or lower within 6 hours.
Water		2 qt		1 gal	6. Heat water to a rolling boil.
Frozen edamame	2 lb 8 oz	2 qt	5 lb	1 gal	7. Add edamame and boil for 3 minutes. Rinse with cold water. Drain well. 8. Combine edamame, carrots, cabbage, onions, and chicken together in a large steam table pan (12" x 20" x 2 1/2"). Add pasta. Mix well. Pour dressing over mixture and toss well.
*Fresh carrots, shredded	1 lb 5 oz	2 qt	2 lb 10 oz	1 gal	
*Fresh red cabbage, shredded	1 lb	2 qt	2 lb	1 gal	
*Fresh red onion, sliced, thin	6 oz	1 1/2 cups	12 oz	3 cups	
Frozen, cooked diced chicken, thawed, 1/2" pieces	3 lb 2 oz	2 qt 3 cups	6 lb 4 oz	1 gal 1 qt 1 pt	
Sesame Seeds		1 cup		2 cups	9. Sprinkle with sesame seeds. Refrigerate at 41

10. Critical Control Point: Cool to 41 °F or lower within 4 hours. Cover and refrigerate until service.
11. Critical Control Point: Hold for cold service at 41 °F or lower.
12. Portion with 8 fl oz spoodle (1 cup).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #3: Complex Food Preparation

Serving

NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides: Legume as Meat Alternate: 1 ½ oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, 1/8 cup other vegetable, and 1 oz equivalent grains.

Legume as Vegetable: 1 oz equivalent meat, 1/8 cup legume vegetable, 1/8 cup red/orange vegetable, 1/8 cup other vegetable, and 1 oz equivalent grains.

CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides: Legume as Meat Alternate: 1 ½ oz meat/meat alternate, ¼ cup vegetable, and 1 serving grains/bread.

Legume as Vegetable: 1 oz meat/meat alternate, 3/8 cup vegetable and 1 serving grains/bread.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Carrots	1 lb 14 oz	3 lb 12 oz
Red Cabbage	1 lb 4 oz	2 lb 8 oz
Red Onion	8 oz	1 lb

Serving	Yield	Volume
See Notes	50 Servings: about 18 lb 100 Servings: about 36 lb	50 Servings: about 2 gallons 1 quart / 2 steam table pans (12" x 20" x 2 1/2") 100 Servings: about 4 gallons 2 quarts / 4 steam table pans (12" x 20" x 2 1/2")

Nutrients Per Serving					
Calories	338	Saturated Fat	2 g	Iron	2 mg
Protein	17 g	Cholesterol	24 mg	Calcium	45 mg
Carbohydrate	29 g	Vitamin A	2099 IU	Sodium	338 mg
Total Fat	18 g	Vitamin C	7 mg	Dietary Fiber	5 g