

Go For Green® Color and Sodium Level

Protein Penne JAPANESE STIR FRY
(Entrée)(Vegan)

Yield 100

Portion 3/4 Cup vegetables + 3/4 cup pasta

Calories	Carbohydrates	Protein	Fat	Cholesterol		Sodium	Calcium
	13 g	16 g	2 g	0 mg		475 mg	63 mg

Ingredient

Ingredient	Weight	Measure	Issue
CARROTS,FRESH,SLICED	7-3/4 lbs	1 gal 2-7/8 qts	9-1/2 lbs
ONIONS,FRESH,SLICED	2 lbs	1 qts 3-7/8 cup	2-1/4 lbs
SOY SAUCE	1-3/4 lbs	2-3/4 cup	
JUICE,PINEAPPLE,CANNED,UNSWEETENED	11-3/4 oz	1-3/8 cup	
VINEGAR,DISTILLED	1-3/4 oz	3-1/3 tbsp	
JUICE,LEMON	1-1/8 oz	2 tbsp	
SUGAR,BROWN,PACKED	3-7/8 oz	3/4 cup	
ONIONS,FRESH,GRATED	1-7/8 oz	1/4 cup 1-2/3 tbsp	2-1/8 oz
GINGER,GROUND	1/2 oz	2-1/3 tbsp	
GARLIC POWDER	1/8 oz	1/8 tsp	
WATER	14-5/8 oz	1-3/4 cup	
CORNSTARCH	7/8 oz	3 tbsp	
OIL, CANOLA	7-2/3 oz	1 cup	
BROCCOLI,FROZEN,CUT	16-1/2 lbs	3 gal	
BEANS,GREEN,FROZEN,WHOLE	4-3/8 lbs	1 gal	
LENTIL PENNE	12 1/2 lbs		
ONIONS,FRESH,CHOPPED	1-3/4 lbs	1 qts 1 cup	

Method

- 1 In accordance with Armed Forces food safety protocol, reference the Produce Guideline Card for specific wash, sanitize, rinse and handling instructions for each fruit/vegetable in the recipe; this is critically important to ensure the safety of this food.
- 2 In a steam-jacketed kettle, add water; heat to rolling boil.
- 3 Add pasta slowly while stirring constantly until water boils again. Cook for 10 to 12 minutes or as directed on package to achieve al dente texture, stirring occasionally. Drain.
- 4 Wash and trim fresh vegetables.
- 5 Combine soy sauce, pineapple juice, vinegar, and lemon juice.
- 6 Add brown sugar, minced onions, ginger, and garlic to soy sauce mixture. Mix until well blended. Bring to a boil, reduce heat, simmer 1 minute.
- 7 Blend cornstarch with water to make a smooth paste. Slowly add paste to soy sauce mixture stirring constantly, simmer 5 minutes or until lightly thickened. Remove from heat.
- 8 Stir-fry vegetables in 50 portion batches in salad oil as follows: Carrots, 3 minutes; add green beans and onions, 2 minutes; add broccoli, 2 minutes. Do not overcook.
- 9 Pour approximately 3-1/2 cups of sauce over each batch of vegetables and garnish with 1 quart of green onions.
- 10 Portion 3/4 cup vegetables over 3/4 cup pasta. CCP: Hold at 140 F. or higher for service.

Notes

1. If facility prepares this recipe as written, facility may choose to list item on Go For Green card as “Protein Penne Japanese Stir Fry (vegan)”. Note that vegan items contain no meat, poultry, fish, shellfish, dairy, eggs, insects, or by-products of slaughter or insects such as gelatin or honey.
2. Alternatives: If lentil pasta is not available can substitute with equal amounts of other pasta or quinoa.
3. See Q 073 00 for a similar dish to be used as a side dish.
4. *Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar combined.