

TERIYAKI TOFU BOWL

Recipe provided by the Chef Ann Foundation for the 2015 Healthy Flavors, Healthy Kids National Leadership Summit

Ingredients	50 Servings		Directions
	Weight	Measure	
Broccoli crowns	8 lb.		1. Chop broccoli into small spears and dice carrots. 2. Blanch carrots and broccoli separately and shock them in an ice bath. 3. Weigh vegetables in hotel pan – 2.56 ounces broccoli and 1.5 ounces carrots.
Carrots	6 lb.		4.
Toasted sesame oil		2 Tbsp.	5. Heat oil; add ginger and garlic, sauté quickly. 6. Add liquids and rest of ingredients, except vegetables and tofu. 7. Cool sauce. 8. Toss with sauce; 2 cups per 50 servings of vegetables.
Ginger root		4 Tbsp.	9. Reheat: Vegetables in oven or steamer, tofu as per Crispy Tofu recipe. 10. Assemble bowl – 4 ounces rice, 4 ounces tofu, top with vegetables. 11. Send tofu separately. Note: Rice not included in meal contribution tally
Garlic, whole peeled		1 Tbsp.	
Soy sauce, low sodium		1 pint	
Light brown sugar	7 oz.		
Apple cider vinegar		4 Tbsp.	
Water		1 cup	
Crispy Tofu (recipe follows)	12 lb. 8 oz.		

Nutrition Information (per serving)

Calories: 270/Protein: 14 g/Carbohydrate: 17 g/Fiber: 4 g

Saturated fat: 2.5 g/Polyunsaturated fat: 5.5 g/Monounsaturated fat: 9 g

Trans fat: 0 g/Cholesterol: 0 mg/Sodium: 390 mg/Potassium: 405 mg

CRISPY TOFU

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Ingredients	50 Servings		Directions
	Weight	Measure	
Tofu, firm	12 lb. 8 oz.		<ol style="list-style-type: none"> 1. Freeze tofu overnight. 2. Thaw completely, squeeze liquid out by hand. 3. Dice into bite-size pieces. 4. Toss with oil, soy sauce, and Szechuan paste. Weigh into pans. 5. Bake at 375°F on sheet pans for 10 minutes or until golden. 6. Serve over brown rice with vegetables.
Vegetable oil		1 pt. + 1 1/3 Tbsp.	
Soy sauce		4 1/8 tsp.	
Toasted sesame oil		8 Tbsp. + 1 tsp.	
Szechuan paste		1 Tbsp.+ 1 1/8 tsp.	

Nutrition Information (per 3 oz. serving)

Calories: 195/Protein: 10 g/Carbohydrate: 3 g/Fiber: 1 g

Saturated fat: 2 g/Polyunsaturated fat: 5 g/Monounsaturated fat: 9 g

Trans fat: 0 g/Cholesterol: 0 mg/Sodium: 55 mg/Potassium: 0 mg