

Edamame Noodle Bowl

Spicy teriyaki noodle bowl recipe with edamame and carrots developed by the California Culinary Centers for school food service and menu planning.

Yields 50 Servings

This recipe yields 50 servings of edamame and noodles: 16 ounce bowl or 12 ounce ladle and 4 ounce ladle.

Ingredients

Ingredients list includes measure by **weight** or volume. Choose one measure, either **weight** or volume, for the ingredient. **Weight** is listed first in bold.

- **9 pounds and 8 ounces** or 1 gallon, 2 quarts, and 1½ cup frozen edamame, shelled
- 6 gallons water
- **10 ounces** fresh green onions
- **8 ounces** or 3 bunches fresh cilantro
- 2 cups lime juice
- ¼ cup red pepper flakes (adjust as needed)
- 2 quarts and 2 cups teriyaki sauce
- ¼ cup and 2 tablespoons sesame oil
- ½ cup honey
- **6 pounds and 8 ounces** dry, whole grain-rich, spaghetti pasta (U.S. Department of Agriculture Food Item)
- **3 pounds** fresh mushrooms, sliced, ready-to-use
- **2 pounds and 12 ounces** fresh carrots, shredded, ready-to-use

Directions

1. Thaw edamame in refrigerator one to two days in advance. Critical Control Point (CCP): Thaw edamame in refrigerator at 41°F or lower.
2. Place water in large pot on stove or tilt skillet. Bring to boil.
3. Rinse green onion and cilantro under cool running water.
4. Trim green onion and cilantro. Chop to measure 2 cups.

To Prepare Sauce

5. Sauce may be prepared two days in advance of service. Combine lime juice, pepper flakes, teriyaki sauce, oil, and honey in a bowl. Whisk to combine. CCP: Hold dressing in refrigerator at 41°F or lower.

To Prepare Noodles

6. Break spaghetti noodles in thirds and add to boiling water.
7. Cook spaghetti about 8 to 10 minutes until al dente.
8. Drain noodles and place in large bowl.
9. Add sauce to drained noodles.
10. Add edamame, green onions, cilantro, mushrooms, and carrots to noodles and combine.
11. Serve immediately one–16 ounce bowl or 12 ounce ladle and 4 ounce ladle for each serving or hold for later service. CCP: Hold noodles at 135°F until service.

Nutritional Analysis

- Calories, in K calories: 421
- Carbohydrates, in grams: 77
- Protein, in grams: 21
- Saturated fat, in grams: 1
- Trans fat, in grams: 0
- Total fat, in grams: 7
- Sodium, in milligrams: 882

Recipe Options

The CA Culinary Centers have calculated and tested the yields for this standardized recipe. You may choose to vary the spices in the recipe to meet the taste preferences of your students. For example, using a 1.5 to 2 ratio for spices when doubling the recipe yield from 50 to 100. However, changing or substituting any other ingredients may result in a different yield, meal contribution, or dietary specification, and should be considered a different recipe. To learn more about how to standardize your recipe visit the [CA Culinary Centers Standardized Recipes web page](#) Resources tab.

Serving Suggestion

- Yield 50 –16 ounce bowls or 12 ounce ladles and 4 ounce ladles of edamame and noodles.

Contribution to Meal Pattern

The contribution to the meal pattern for this recipe is based on the suggested serving size above.

- 2 ounce equivalents meat/meat alternate
- 2 ounce equivalents whole grain-rich
- ½ cup vegetables (¼ red/orange, ¼ other)

If you decide to modify this recipe or serving size, you may use the tools available on the [CA Culinary Centers Standardized Recipes web page Resources tab](#) to create your own standardized recipe or find the contribution to the meal pattern.

U.S. Department of Agriculture Food Items

- Dry, whole grain-rich, spaghetti pasta

Recipe Roots (Flavor Profile)

- California fresh
- Southeast Asia

Preparation Time

- Preparation time: 30 minutes for 50 servings and 40 minutes for 100 servings.
- Cook time: 15 minutes for 50 servings and 15 minutes for 100 servings.
- Assembly time: 30 minutes for 50 servings and 50 minutes for 100 servings.

Critical Control Point (CCP)

- CCP: Thaw edamame in refrigerator at 41°F or lower.
- CCP: Hold dressing in refrigerator at 41°F or lower.
- CCP: Hold noodles at 135°F until service.