

Amazing Lo Mein

ADAPTED FROM HOOVER CITY SCHOOLS, ALABAMA
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



THE HUMANE SOCIETY
OF THE UNITED STATES

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Noodles, Spaghetti, dry weight	6 lbs. 4 oz.		12 lbs. 8 oz.	
Oil, olive or vegetable		1 pint		1 quart
Garlic, minced		1/3 cup + 1 Tbsp.		¾ cup
Onion, diced		1 pint		1 quart
Carrots, shredded		1 quart		2 quarts
Vegetables, stir-fry variety, frozen		1 ½ gallons + 1 cup		3 gallons + 1 pint
Soy Sauce, low sodium		1 ½ cups		1 pint + 1 cup
Sugar, granulated		¾ cup		1 ½ cups
Beans, garbanzo, canned, drained OR cooked from dry		1 ½ gallons + 1 cup		3 gallons + 1 pint
Cilantro, fresh		garnish		garnish

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Prepare spaghetti al dente; drain and keep warm.
2. If using dry beans, soak and simmer the garbanzo beans; drain and set aside.
3. Heat oil in a tilt skillet or kettle; add the minced garlic, diced onion, shredded carrots, and the frozen stir-fry vegetables. Sauté until vegetables are tender but crisp.
4. Add spaghetti, soy sauce, sugar and garbanzo beans to the vegetable mixture. Toss gently to mix all ingredients well.
5. Heat thoroughly until the temperature reaches 135°F for 15 seconds.
6. Transfer to serving pans. Garnish each pan with cilantro.



HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Portion 1 ½ cups of lo mein per serving.

Each serving provides 2 meat/meat alternate, 2 ounce equivalent grains and ½ cup other vegetable.

Nutrition Information *From USDA Nutrient Database

Calories: 493 Total Fat: 11g Saturated Fat: 2g Carbohydrate: 83g (14g Fiber) Protein: 19g Sodium: 644mg

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Sugar, granulated		¾ cup		1 ½ cups
Beans, garbanzo, canned, drained OR cooked from dry		¾ gallon + ½ cup		1 ½ gallons + 1 cup
Edamame, shelled, cooked, tempered		¾ gallon + ½ cup		1 ½ gallons + 1 cup
Cilantro, fresh		garnish		garnish

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