

Nutty Noodles

ADAPTED FROM GRIMMWAY ACADEMY, ARVIN, CALIFORNIA
 MEATLESS MONDAY CONTEST WINNER 2014
 HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Noodles, spaghetti, whole grain, dry	6 lbs. 4 oz.		12 lbs. 8 oz.	
Mixed vegetables, frozen Seasonal, fresh vegetables can be substituted based on availability.	10 lbs. 14 oz.		21 lbs. 12 oz.	
Nut or seed butter, smooth	7 lbs.		14 lbs.	
Ginger, minced OR Ginger, granulated		1½ cups OR 3 Tbsp.		3 cups OR 3/8 cup
Garlic, minced OR Garlic, granulated		1/3 cup OR 1 ½ Tbsp.		2/3 cups OR 3 Tbsp.
Rice wine vinegar		2 quarts		1 gallon
Sugar		1 pint		1 quart
Soy sauce, reduced sodium		1 pint + ½ cup		1 quart + 1 cup
Water		1 quart + ¼ cup		½ gallon + ½ cup
Oil, olive or vegetable		1 cup		1 pint
Pepper, red or cayenne		½ cup		1 cup

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 noodles, drain and cool. Set aside.
2. In blender, food processor or VCM, combine the peanut butter, vinegar, sugar, soy sauce, water, half of the oil, pepper, ginger and garlic until smooth.
3. Heat remaining oil in tilt skillet over medium-high heat.
4. Add vegetables and cook until tender.
5. Add the cooked noodles and peanut sauce to vegetables. Toss gently.
6. Transfer to serving pans. Can be served warm or chilled.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above or 40°F or below.



Meredith Lee/ The HSJS

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Serving Information

Portion 1 ½ cups of noodles onto each tray.

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

Nutrition Information * From USDA Nutrient Database

Calories: 705 Total Fat: 32g Saturated Fat: 6g Carbohydrate: 74g (14g Fiber) Protein: 25g Sodium: 721mg