



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

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Asian Spinach Salad with Miso Ginger Dressing

Makes: 50 Servings



50 Servings

Ingredients	Weight	Measure
Fresh Baby Spinach	6 1/4 lb	6 1/4 gal
Fresh Shredded Carrots	3 1/8 lb	
Mandarin Oranges		3/4 of # 10 can
Chow mein noodles		1 # 10 can
Rainbow Slaw Mix	3 1/8 lb	
White Miso	20 oz	1 cup
Rice Wine Vinegar	16 oz	1/4 qt
Soy sauce	8 oz	1 cup
Pickled Ginger	16 oz	2 cup
Sugar	1 lb	2 cup
Vegetable oil	32 oz	1 qt

Directions

1. For the dressing, place Vinegar, Miso, Sugar, Soy Sauce and Pickled Ginger in to blender and blend until smooth. Add Vegetable oil slowly while motor is running until thickened.
2. In mixing bowl, place Spinach and Carrots (Rainbow Slaw if desired) and slowly add dressing, mixing well until distributed evenly without saturating the spinach. It may require less than all of the prepared dressing.
3. With tongs, place approximately 4 oz. of dressed salad in bowls and top with the Mandarin Oranges and Chow Mein Noodles.

My Notes

Source: Brandeis Elementary (Recipes for Healthy Kids Competition)

