

The Culinary Institute of America

Recipe: 000030 HFHK Vegetable & Noodle Salad

Recipe Source: Rico Griffone
 Recipe Group: VEGETABLES

Recipe HACCP Process:

Alternate Recipe Name:
 Number of Portions: 50
 Size of Portion: 3/4 cup

050465 SPAGHETTI, WHOLE GRAIN, DRY.....	2 LB	Bring a large pot of water to a boil over high heat. Add the spaghetti to the water and stir to submerge and separate the strands. Cook per the box instructions or until al dente. Drain, rinse with cold water until chilled, and drain again. Transfer to a bowl.
011124 CARROTS,RAW..... 050488 PEAS, GREEN, COOKED FROM FROZEN, WITHOUT SALT... 011112 CABBAGE,RED,RAW..... 011206 CUCUMBER,PEELED,RAW..... 011333 PEPPERS,SWEET,GREEN,RAW..... 011774 CORN,SWT,YEL,FRZ,KRNLS,CUT OFF COB,BLD,DRND,W.... 051459 BROCCOLI, FROZEN, FLORETS..... 799908 ONIONS,RED,RAW.....	1 QT, grated + 1 CUP, grated 1 QT + 1/2 CUP 2 QT, shredded + 2 CUP, shredded 3 3/4 CUP, sliced 3 3/4 CUP, sliced 2 1/2 CUP 5 CUP 3 3/4 CUP, sliced	Mix all the vegetables with the noodles in the bowl.
016424 SOY SAU MADE FROM SOY&WHEAT (SHOYU),LO NA..... 020027 CORNSTARCH..... 009214 ORANGE JUC,FRZ CONC,UNSWTND,UNDIL.....	5 TBSP 3 TBSP + 1 TSP 2 1/2 CUP	To make the dressing, stir the soy sauce and cornstarch together to make a slurry. Heat the orange juice concentrate over medium heat in a saucepan until it reaches a simmer. Once simmering, add the slurry and continue to cook until it thickens, 2 to 3 minutes.
901084 PEANUT BUTTER W/ OMEGA-3,CREAMY.....	1 1/4 CUP	Remove orange mixture from the heat and combine with peanut butter in a bowl.
004053 OIL,OLIVE,SALAD OR COOKING.....	1 1/4 CUP	Whisk oil into the dressing. Add water if necessary; dressing should be thick but not too solid.
		Add dressing to the vegetable and noodle mixture, and toss until evenly coated. Keep refrigerated until service. Serve with a #6 scoop (3/4 cup portion)

*Nutrients are based upon 1 Portion Size (3/4 cup)

Calories	213 kcal	Cholesterol	*0.00* mg	Protein	6.69 g	Calcium	42.04 mg	39.50%	Calories from Total Fat
Total Fat	9.35 g	Sodium	125.24 mg	Vitamin A	*381.23* RE	Iron	1.47 mg	6.12%	Calories from Saturated Fat
Saturated Fat	1.45 g	Carbohydrates	28.81 g	Vitamin A	*2596.21* IU	Water ¹	*60.97* g	*0.01%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	4.79 g	Vitamin C	*43.77* mg	Ash ¹	*1.03* g	54.07%	Calories from Carbohydrates
								12.56%	Calories from Protein

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... oz		Y - Peanut	N - Milk	? - Tree Nut
Grain..... 0.500 oz		Y - Wheat	N - Egg	? - Soy
Fruit..... cup			N - Fish	
Vegetable..... 0.500 cup			N - Shellfish	
Milk..... cup				
<u>Moisture & Fat Change</u>				
Moisture Change..... 0%				
Fat Change..... 0%				
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	050465	SPAGHETTI, WHOLE GRAIN, DRY			
I	011124	CARROTS,RAW			
I	050488	PEAS, GREEN, COOKED FROM FROZEN, WIT			
I	011112	CABBAGE,RED,RAW			
I	011206	CUCUMBER,PEELED,RAW			
I	011333	PEPPERS,SWEET,GREEN,RAW			
I	011774	CORN,SWT,YEL,FRZ,KRNLS,CUT OFF COB,BL			
I	051459	BROCCOLI, FROZEN, FLORETS			
I	799908	ONIONS,RED,RAW			
I	016424	SOY SAU MADE FROM SOY&WHEAT (SHOYU)			
I	020027	CORNSTARCH			
I	009214	ORANGE JUC,FRZ CONC,UNSWTND,UNDIL			
I	901084	PEANUT BUTTER W/ OMEGA-3,CREAMY			
I	004053	OIL,OLIVE,SALAD OR COOKING			

Notes

Production Notes:
 Add cooked chicken, pork, or beef if desired.

Serving Notes:

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Purchasing Guide:

Miscellaneous Notes:

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