

Asian Veggies

Wenatchee School District

Recipe Category: Vegetables

Ingredients	50 Servings		100 Servings		_____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Cabbage, cut into ½" pieces	2 lb		4 lb				<ol style="list-style-type: none"> 1. Heat flat top or tilt skillet to very HOT. 2. Pour sesame oil into pan. 3. Add ginger and garlic, stir fry for 15 seconds. 4. Add the vegetables – cabbage, celery, carrots and broccoli. 5. Stir-fry until tender-crisp and hot. 6. Pan and place on service line. 7. Serve immediately. <p>CCP: Hold hot for service at 135°F or above.</p>
Celery, ¼" bias cut	½ lb		1 lb				
Carrots, julienned	½ lb		1 lb				
Broccoli, small florets	¼ lb		½ lb				
Ginger		1 tsp		2 tsp			
Garlic		1 tsp		2 tsp			
Sesame Oil	¾ oz		1½ oz				
Soy Sauce	1½ oz		3 oz				

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
¼ cup		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
		¼ cup (other)	

Nutrient Analysis		
Calories: 12	Saturated Fat: .07 grams	Sodium: 59.72 mg.