



Sesame Asian Noodle Salad

USDA Recipe for Schools

Sesame Asian Noodle Salad consists of whole-grain noodles, chicken breast, and vegetables, with a hint of orange flavor.

NSLP/SBP CREDITING INFORMATION

1 cup (8 fl oz spoodle) provides

Legume as Meat Alternate: 1.5 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, 1/8 cup other vegetable, and 1 oz equivalent grains.

OR

Legume as Vegetable: 1 oz equivalent meat/meat alternate, 1/8 cup legume vegetable, 1/8 cup red/orange vegetable, 1/8 cup other vegetable, and 1 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Ginger, fresh, minced		2 Tbsp		1/4 cup	1 To make dressing, combine ginger, rice vinegar, soy sauce, orange juice, honey, oil, and garlic powder in a blender. Blend for 2 minutes at medium speed. Pour dressing into a container. Cover and refrigerate.
Rice vinegar		1 1/2 cup		3 cup	
Soy sauce, low-sodium		1 cup		2 cup	2 Critical Control Point: Cool to 41 °F or lower within 4 hours.
Orange juice		1/2 cup		1 cup	
Honey	4 oz	1/4 cup	8 oz	1/2 cup	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Canola oil AND Sesame oil		1½ cup		3 cup	
		1½ cup		3 cup	
OR Canola oil, only		3 cup		1 qt 2 cup	
Garlic powder		1 tsp		2 tsp	
Water		2 gal		4 gal	3 Heat water to a rolling boil.
Spaghetti noodles, whole-wheat, dry	3 lb 2 oz	2 qt 2 cup	6 lb 4 oz	1 gal 1 qt	4 Slowly add pasta. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Rinse with cold water or ice water to rapidly cool. Drain well. Cover and refrigerate.
					5 Critical Control Point: Cool to 70 °F or lower within 2 hours, and 41 °F or lower within 6 hours.
Water		2 qt		1 gal	6 Heat water to a rolling boil.
Edamame, frozen	2 lb 8 oz	2 qt		1 gal	7 Add edamame and boil for 3 minutes. Rinse with cold water. Drain well.
*Carrots, fresh, shredded	1 lb 5 oz	2 qt	2 lb 10 oz	1 gal	8 Combine edamame, carrots, cabbage, onions, and chicken together in a large steam table pan (12" x 20" x 2½"). Add pasta. Mix well. Pour dressing over mixture and toss well. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
*Red cabbage, fresh, shredded	1 lb	2 qt	2 lb	1 gal	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Red onion, fresh, sliced, thin	6 oz	1½ cup	12 oz	3 cup	
Chicken, cooked, frozen, diced, thawed, ½" pieces	3 lb 2 oz	2 qt 3 cup	6 lb 4 oz	1 gal 1 qt 1 pt	
Sesame seeds		1 cup		2 cup	
					9 Sprinkle with sesame seeds. Refrigerate at 41 °F.
					10 Cover and refrigerate until service. Critical Control Point: Cool to 41 °F or lower within 4 hours.
					11 Critical Control Point: Hold for cold service at 41 °F or lower.
					12 Portion with 8 fl oz spoodle (1 cup).



NUTRITION INFORMATION

For 1 cup (8 fl oz spoodle).

NUTRIENTS	AMOUNT
Calories	338
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Total Fat	18 g
Saturated Fat	2 g
Cholesterol	24 mg
Sodium	338 mg
Total Carbohydrate	29 g
Dietary Fiber	5 g
Total Sugars	6 g
Added Sugars included	N/A
Protein	17 g
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Vitamin D	1 IU
Calcium	45 mg
Iron	2 mg
Potassium	193 mg

N/A = data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Carrots	1lb 14 oz	3 lb 12 oz
Red cabbage	1lb 4 oz	2 lb 8 oz
Red onion	8 oz	1 lb

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of ingredients is available.

Cooking Process #3: Complex Food Preparation.

YIELD/VOLUME

50 Servings	100 Servings
About 18 lb	About 36 lb
About 2 gal 1 qt/2 steam table pans (12" x 20" x 2½")	About 4 gal 2 qt/4 steam table pans (12" x 20" x 2½")

