



# Noodles With Peanut Butter Sauce

Peanut butter sauce, also called satay sauce, is commonly served in China, Indonesia, Malaysia, Thailand and Vietnam to add flavor to grilled meats and noodles.

### CACFP CREDITING INFORMATION

$\frac{3}{4}$  cup (6 oz ladle) provides 1  $\frac{1}{2}$  oz equivalent meat/meat alternate,  $\frac{1}{4}$  cup vegetable, and  $\frac{1}{2}$  oz equivalent grains.

### SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

<https://teamnutrition.usda.gov>

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water	32 fl oz	1 qt	64 fl oz	2 qt	<ol style="list-style-type: none"> <li>Heat water to a rolling boil.</li> <li>Break spaghetti noodles in half. Slowly add noodles to boiling water. Stir constantly until water returns to a boil. Cook about 8 minutes or until al dente. Stir occasionally. Do not overcook. Drain well.</li> <li>Coat two extra-large skillet(s), a flat top, or a griddle with nonstick cooking spray. If using skillet(s):  For 25 servings, use 2 extra-large skillet(s). For 50 servings, use 4 extra-large skillet(s).</li> <li>Heat the skillet(s) on medium-high. Brown all sides of diced chicken on medium-high heat for 8-10 minutes.</li> </ol>
Spaghetti noodles, whole grain-rich, uncooked	12 $\frac{1}{2}$ oz		1 lb 9 oz		
Nonstick cooking spray		2 sprays		4 sprays	
Chicken breast, boneless, skinless, fresh or frozen, raw, $\frac{1}{2}$ " diced	2 lb 13 $\frac{1}{2}$ oz		5 lb 11 oz		

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Broccoli, frozen, cut	2 lb 10 oz	3 qt ½ cup	5 lb 4 oz	1 gal 2 qt 1 cup	<p><b>5</b> Add broccoli to the skillet and cook for 15 minutes, or until internal temperature of diced chicken reaches 165 °F and broccoli is tender, but not mushy.</p> <p>Note: Large broccoli pieces may be a choking hazard. For younger children, chop broccoli into smaller pieces.</p>
Peanut butter, smooth	6¼ oz	¾ cup	12½ oz	1½ cup	
Water		¾ cup		1½ cup	<p><b>6</b> Prepare sauce: See notes section below for instruction for 25 and 50 servings.</p>
Soy sauce, low-sodium		¾ cup		1½ cup	
Cider vinegar		¼ cup		½ cup	
Sugar, granulated		¼ cup		½ cup	
*Ginger, fresh, grated		2 tsp		1 Tbsp 1 tsp	
*Garlic, fresh, minced		4 cloves OR 2 tsp		8 cloves OR 1 Tbsp 1 tsp	
Red pepper flakes		½ tsp		1 tsp	
Cornstarch		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
*Green onion with tops, fresh, chopped (optional)	2 oz	½ cup	4 oz	1 cup	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Cilantro, fresh, chopped (optional)	2 oz	½ cup	4 oz	1 cup	
*Lime wedge, fresh (optional)		25 wedges (around 3½ limes)		50 limes	
					<p><b>8</b> Serve ¾ cup (6 oz ladle).</p> <p>Note: For younger children, squeeze lime juice onto the dish and serve without the lime wedge.</p>
					<p><b>9</b> Serve hot or cold.</p> <p>Critical Control Point: Hold for hot service at 140 °F.</p> <p>Critical Control Point: Hold for cold service at 40 °F.</p>



## NUTRITION INFORMATION

For ¾ cup (6 oz ladle).

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>175</b>
<b>Total Fat</b>	<b>6 g</b>
Saturated Fat	1 g
Cholesterol	28 mg
<b>Sodium</b>	<b>320 mg</b>
<b>Total Carbohydrate</b>	<b>19 g</b>
Dietary Fiber	3 g
Total Sugars	4 g
Added Sugars included	N/A
<b>Protein</b>	<b>14 g</b>
Vitamin D	N/A
Calcium	2 mg
Iron	0 mg
Potassium	N/A

N/A=data not available.

## YIELD/VOLUME

25 Servings	50 Servings
8 lb 5 oz 1 gal 1 qt	16 lb 9 oz 2 gal 2 qt

## MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Cilantro	3 oz	5 oz
Green onions	3 oz	5 oz
Garlic	4 cloves	8 cloves
Limes	25 limes	50 limes

## NOTES

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

### Prepare Sauce for 25 Servings

1. In a medium microwavable bowl, combine peanut butter, ½ cup of warm water, soy sauce, cider vinegar, sugar, ginger, garlic, and red pepper flakes.
2. Microwave sauce for 1 minute; whisk sauce and microwave for 1 more minute, whisk again. (Note: Sauce will look stringy.)
3. In a small bowl, whisk remaining ¼ cup warm water with cornstarch to make a slurry. Be sure cornstarch is fully dissolved in the water before adding slurry to the sauce.
4. Slowly whisk slurry into the peanut butter sauce until fully combined. Microwave 1 minute or until thick. Whisk until sauce is a smooth-thick consistency. Slowly whisk slurry into the peanut butter sauce until fully combined. Microwave 2 minutes or until thick. Whisk until sauce is a smooth-thick consistency.

### Prepare Sauce for 50 Servings

1. In a large microwavable bowl, combine peanut butter, 1 cup of warm water, soy sauce, cider vinegar, sugar, ginger, garlic, and red pepper flakes.
2. Microwave sauce for 2 minutes; remove from the microwave, whisk sauce and microwave for 2 more minutes, whisk again. (Note: Sauce will look stringy.)
3. In a small bowl, whisk remaining ½ cup warm water with cornstarch to make a slurry. Be sure cornstarch is fully dissolved in the water before adding slurry to the sauce.
4. Slowly whisk slurry into the peanut butter sauce until fully combined. Microwave 2 minutes or until thick. Whisk until sauce is a smooth-thick consistency.

### Variation

Add a variety of frozen stir-fry vegetables such as snow peas, carrots, and onions.

Caution! Peanut butter is a common allergen. Try using sunflower butter as a substitute.

