



Corn and Edamame Blend USDA Recipe for CACFP

This recipe consists of corn, edamame, carrots, sesame seeds, cilantro, coriander, and chili flakes.

CACFP CREDITING INFORMATION

½ cup (4 fl oz spoodle) provides

Legume as Meat Alternate: 0.5 oz equivalent meat alternate and ¼ cup vegetable.

OR

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Sesame oil		2 tsp		1 Tbsp 1 tsp	1 Heat oil in a large stock pot.
*Fresh onions chopped	12 oz	2 ⅓ cups	1 lb 8 oz	1 qt ⅔ cup	2 Add onions and garlic. Cook uncovered over high heat for 3–5 minutes.
Fresh garlic		1 Tbsp		2 Tbsp	
Frozen corn: thawed, drained	1 lb 12 oz	1 qt ¾ cup 1 Tbsp 2 ¼ tsp	3 lb 8 oz	2 qt 1 ½ cups 3 Tbsp 1 ½ tsp	3 Add corn. Cook uncovered over high heat for 2–4 minutes.
Frozen edamame: thawed, drained	1 lb 8 oz	1 qt 1 ¼ cups	3 lb	2 qt 2 ½ cups	4 Add edamame. Cook uncovered over high heat for 2–4 minutes
*Fresh carrots, shredded	10 ½ oz	3 cups 3 Tbsp ½ tsp	1 lb 5 oz	1 qt 2 ¼ cups 2 Tbsp 1 tsp	5 Add carrots, coriander, sesame seeds, salt, chili flakes, and cilantro. Cook uncovered over high heat for 3 minutes, stirring frequently.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Ground coriander seeds		½ tsp		1 tsp	
Toasted sesame seeds (see Notes)		1 Tbsp		2 Tbsp	
Salt		1 ½ tsp		1 Tbsp	
Red chili flakes		¼ tsp		½ tsp	
Fresh cilantro		⅔ cup		1 ⅓ cups	<p>6 Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.</p> <p>7 Transfer 3 qt (about 4 lb 7 oz) corn and edamame mixture into a steam table pan (12" x 20" x 2½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p>
					<p>8 Critical Control Point: Hold for hot service at 140 °F or higher.</p>
					<p>9 Portion with 4 fl oz spoodle (½ cup).</p>



NUTRITION INFORMATION

For ½ cup (4 fl oz spoodle).

NUTRIENTS **AMOUNT**

Calories **75**

Total Fat **3 g**

Saturated Fat 0 g

Cholesterol 0 mg

Sodium **149 mg**

Total Carbohydrate **10 g**

Dietary Fiber 2 g

Total Sugars 2 g

Added Sugars included N/A

Protein **4 g**

Vitamin D 0 IU

Calcium 22mg

Iron 1 mg

Potassium 95 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	14 oz 10	1 lb 12 oz
Carrots	½ oz	1 lb 5 oz

NOTES

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

Cooking Process #2: Same Day Service.

If toasted sesame seeds are unavailable, toast sesame seeds in a small stock pot over medium heat for 3 minutes before adding ingredient to step 5.

YIELD/VOLUME

25 Servings	50 Servings
About 4 lb 7 oz About 2 qt 7/8 cup/1 steam table pan (12" x 20" x 2½")	About 8 lb 14 oz About 1 gal 1¾ cups/2 steam table pans (12" x 20" x 2½")

