

# Sesame Asian Noodle Salad USDA Recipe for CACFP

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

## **CACFP CREDITING INFORMATION**

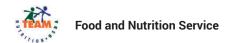
1 cup (8 fl oz spoodle) provides

Legume as Meat Alternate: 1.5 oz equivalent meat/meat alternate, 1/4 cup vegetable, and 1 oz equivalent grains.

OR

Legume as Vegetable: 1 oz equivalent meat/meat alternate, <sup>3</sup>/<sub>8</sub> cup vegetable, and 1 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIDECTIONS
	Weight	Measure	Weight	Measure	DIRECTIONS
*Ginger, fresh, minced		1 Tbsp		2 Tbsp	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		<sup>3</sup> / <sub>4</sub> cup		1½ cups	2 Critical Control Point: Cool to 40 °F or lower within 4 hours.
Soy sauce, low-sodium		¹⁄₂ cup		1 cup	
Orange juice		¹/₄ cup		½ cup	
Honey	2 oz	2 Tbsp	4 oz	1/4 cup	



INGREDIENTS	25 SERVINGS		50 SERVINGS		
	Weight	Measure	Weight	Measure	DIRECTIONS
Canola oil AND		³/₄ cup		1½ cups	
Sesame oil		³/4 cup		1½ cups	
OR Canola oil, only		1½ cups		3 cups	
Garlic powder		½ tsp		1 tsp	
Water		1 gal		2 gal	3 Heat water to a rolling boil.
Spaghetti noodles, whole-wheat, dry	1lb 9 oz	1 qt 1 cup	3 lb 2 oz	2 qt 2 cups	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 40 °F or lower within 6 hours.
Water		1 qt		2 qt	6 Heat water to a rolling boil.
Edamame, frozen	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt	7 Add edamame and boil for 3 minutes. Rinse with cold water. Drain well.
*Fresh red cabbage, shredded	10½ oz	1 qt	1lb 5 oz	2 qt	8 Combine edamame, carrots, cabbage, onions, and chicken together in a large steam table pan (12" x 20" x 21/2"). Add pasta. Mix well. Pour dressing over mixture and toss well.  For 25 servings, use 1 pan. For 50 servings, use 2 pans.
*Fresh red onion, sliced, thin	8 oz	1 qt	1 lb	2 qt	



INGREDIENTS	25 SERVINGS		50 SE	RVINGS	DIDECTIONS
	Weight	Measure	Weight	Measure	DIRECTIONS
*Carrots, fresh, shredded	1lb 9 oz	³⁄₄ cup	6 oz	1½ cups	
*Red cabbage, fresh, shredded	1lb 9oz	1qt 1½ cups	3 lb 2 oz	2 qt 3 cups	
*Red onion, fresh, sliced, thin		¹/₂ cup		1 cup	
Chicken, frozen, cooked, diced, thawed, ½" pieces					
Sesame seeds					
					9 Sprinkle with sesame seeds. Refrigerate at 40 °F.
					10 Cover and refrigerate until service. Critical Control Point: Cool to 40 °F or lower within 4 hours.
					11 Critical Control Point: Hold for cold service at 40 °F or lower.
					12 Portion with 8 fl oz spoodle (1 cup).

### **NUTRITION INFORMATION**

For 1 cup (8 fl oz spoodle).

NUTRIENTS Calories	AMOUNT 338
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber Total Sugars Added Sugars included Protein	18 g 2 g 24 mg 338 mg 29 g 5 g 6 g N/A 17 g
Vitamin D Calcium Iron Potassium N/A=data not available.	1 IU 45 mg 2 mg 193 mg

# SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE					
Food as Purchased for	25 Servings	50 Servings			
Carrots Red cabbage Red onion	15 oz 10 oz 4 oz	1lb 14 oz 1lb 4 oz 8 oz			

# **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					
25 Servings	50 Servings				
About 9 lb	About 18 lb				
About 1 gal 2 cup/1 steam table pan (12" x 20" x 2½")	About 2 gal 1 qt/2 steam table pans (12" x 20" x 2½")				