



# 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,  $\frac{1}{4}$  cup vegetable, and 1 oz equivalent grains.

OR

**Legume as Vegetable:** 1 oz equivalent meat/meat alternate,  $\frac{3}{8}$  cup vegetable, and 1 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Ginger, fresh, minced		1 Tbsp		2 Tbsp	<b>1</b> 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.  <b>2</b> Critical Control Point: Cool to 40 °F or lower within 4 hours.
Rice vinegar		$\frac{3}{4}$ cup		1 $\frac{1}{2}$ cups	
Soy sauce, low-sodium		$\frac{1}{2}$ cup		1 cup	
Orange juice		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup	
Honey	2 oz	2 Tbsp	4 oz	$\frac{1}{4}$ cup	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Canola oil AND Sesame oil		$\frac{3}{4}$ cup		1½ cups	
		$\frac{3}{4}$ cup		1½ cups	
OR Canola oil, only		1½ cups		3 cups	
Garlic powder		½ tsp		1 tsp	
Water		1 gal		2 gal	<b>3</b> 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	<b>4</b> 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.
					<b>5</b> 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	<b>6</b> Heat water to a rolling boil.
Edamame, frozen	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt	<b>7</b> 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	<b>8</b> 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 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 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Carrots, fresh, shredded	1lb 9 oz	¾ cup	6 oz	1 ½ cups	
*Red cabbage, fresh, shredded	1lb 9oz	1qt 1 ½ cups	3 lb 2 oz	2 qt 3 cups	
*Red onion, fresh, sliced, thin		½ cup		1 cup	
Chicken, frozen, cooked, diced, thawed, ½" pieces					
Sesame seeds					
					<b>9</b> Sprinkle with sesame seeds. Refrigerate at 40 °F.
					<b>10</b> Cover and refrigerate until service. Critical Control Point: Cool to 40 °F or lower within 4 hours.
					<b>11</b> Critical Control Point: Hold for cold service at 40 °F or lower.
					<b>12</b> Portion with 8 fl oz spoodle (1 cup).



**NUTRITION INFORMATION**

For 1 cup (8 fl oz spoodle).

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>338</b>

<b>Total Fat</b>	<b>18 g</b>
Saturated Fat	2 g
Cholesterol	24 mg
<b>Sodium</b>	<b>338 mg</b>
<b>Total Carbohydrate</b>	<b>29 g</b>
Dietary Fiber	5 g
Total Sugars	6 g
Added Sugars included	N/A
<b>Protein</b>	<b>17 g</b>
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	25 Servings	50 Servings
Carrots	15 oz	1lb 14 oz
Red cabbage	10 oz	1lb 4 oz
Red onion	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")

