



Corn and Edamame Blend USDA Recipe for Schools

This blend contains corn, edamame, carrots, sesame seeds, cilantro, coriander, and chili flakes.

NSLP/SBP CREDITING INFORMATION:

½ cup (4 fl oz spoodle) provides

Legume as Meat Alternate: 0.5 oz equivalent meat alternate, ⅓ cup starchy vegetable, and ⅓ cup additional vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Sesame oil		1 Tbsp 1 tsp		2 Tbsp 2 tsp	1 Heat oil in a large stock pot.
*Fresh onions chopped	1 lb 8 oz	1 qt ⅔ cup	3 lb	2 qt 1 ⅓ cups	2 Add onions and garlic. Cook uncovered over high heat for 3–5 minutes
Fresh garlic		2 Tbsp		¼ cup	
Frozen corn, thawed, drained	3 lb 8 oz	2 qt 1 ½ cups 3 Tbsp 1 ½ tsp	7 lb	1 gal 3 ¼ cups 3 Tbsp	3 Add corn. Cook uncovered over high heat for 2–4 minutes.
Frozen edamame, thawed, drained	3 lb	2 qt 2 ½ cups	6 lb	1 gal 1 qt 1 cup	4 Add edamame. Cook uncovered over high heat for 2–4 minutes

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Fresh carrots, shredded	1 lb 5 oz	1 qt 2 ¼ cups 2 Tbsp 1 tsp		3 qt ¾ cup 2 tsp	<p>5 Add carrots, coriander, sesame seeds, salt, chili flakes, and cilantro. Cook uncovered over high heat for 3 minutes, stirring frequently.</p>
Ground coriander seeds		1 tsp		2 tsp	
Toasted sesame seeds (see Notes)		2 Tbsp		¼ cup	
Salt		1 Tbsp		2 Tbsp	
Red chili flakes		½ tsp		1 tsp	
Fresh cilantro		1 ⅓ cups	2 oz	2 ⅔ cups	
					<p>6 Critical Control Point: Heat to 135 °F or higher.</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").</p> <p>For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p>
					<p>8 Critical Control Point: Hold for hot service at 135 °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
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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
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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	50 Servings	100 Servings
Mature onions	1 lb 12 oz	3 lb 8 oz
Carrots	1 lb 5 oz	2 lb 10 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

50 Servings	100 Servings
About 8 lb 14 oz	About 17 lb 12 oz
About 1 gal 1¾ cups/2 steam table pans (12" x 20" x 2½")	About 2 gal 3½ cups/4 steam table pans (12" x 20" x 2½")

