



Ginger Citrus Noodle Salad

Romaine lettuce topped with a mix of fresh carrots, corn, red cabbage, mustard greens, green onions, grilled chicken, and whole grain soba noodles with a sweet and tangy dressing.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Georgia Department of Education-School Nutrition Division

Preparation Time: 45 minutes

Cook Time: 23 minutes

NSLP/SBP crediting information:

1 salad provides ½ cup dark green vegetable, ⅛ cup red/orange vegetable, ⅛ cup starchy vegetable, ⅛ cup other vegetable, 2 oz equivalent meats/meat alternates, 2 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Soba noodles, frozen	7 lb 13 oz	2 gal 3 qt 1 ½ cups	15 lb 10 oz	5 gal 2 qt 3 cups	<ol style="list-style-type: none"> 1. Thaw soba noodles under refrigeration overnight at 41 °F or lower. 2. Thaw chicken under refrigeration overnight at 41 °F or lower. 3. Preheat oven to 425 °F. 4. Cook soba noodles in boiling water for 2-3 minutes. Remove from water. Rinse under cold water and allow to drain. Cover and hold at 41 °F or below. Critical Control Point: Hold at or below 41 °F. 5. In a mixing bowl, toss frozen corn in ⅛ cup canola oil until coated. Line a sheet pan with parchment paper and spread out the corn into a single layer. Place in oven and cook for 10 minutes.
Oil, canola	1 oz	⅛ cup	2 oz	¼ cup	
Whole kernel corn, frozen	2 lb 5 oz	2 qt	4 lb 10 oz	1 gal	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p>Pull from the oven, stir, and return for another 10 minutes or until slightly charred. Remove from oven and cool down to below 41 °F and hold in cooler.</p> <p>Critical Control Point: Hold at or below 41 °F.</p>
Chicken breast, frozen, pre-cooked fillet, cut into ¼ inch strips	6 lb 4 oz	1 gal 2 qt 1 cup	12 lb 8 oz	3 gal 2 cups	<p>6. Toss thawed chicken strips in ½ cup dressing to coat. Hold in cooler at 41 °F or below.</p> <p>Critical Control Point: Hold at or below 41 °F.</p>
Dressing, Mandarin sesame ginger (AP)	3 lb 6 oz	1 qt 2 cups	6 lb 12 oz	3 qt	
*Lettuce, Romaine ½ inch, chopped	3 lb 12 oz	2 gal 1 qt	7 lb 8 oz	4 gal 2 qt	7. Wash and drain lettuce, mustard greens, carrots, red cabbage, red peppers, and green onions.
*Greens, mustard, fresh, trimmed, ½ inch, chopped	1 lb 13 oz	1 gal 3 qt 1 cup	3 lb 10 oz	3 gal 2 qt 2 cups	8. In a large bowl, mix the romaine and the mustard greens together.
*Carrots, fresh, julienne cut	1 lb 9 oz	1 qt 1 cup	3 lb 2 oz	2 qt 2 cups	9. In a large bowl, combine the carrots, red cabbage, and red peppers. Toss until well mixed (Dry Slaw).
*Cabbage, red, fresh, shredded	1 lb 5 oz	2 qt 2 ½ cups	2 lb 10 oz	5 qt 1 cup	
*Peppers, red, fresh, sweet, ¼ inch, diced	1 lb 6 oz	1 qt ½ cup	2 lb 12 oz	2 qt 1 cup	
*Onions, green, fresh, ¼ inch, bias cut	2 ½ oz	1 ¼ cup	5 oz	2 ½ cup	
Noodles, Chow Mein	2 ½ oz	1 ¼ cup	5 oz	2 ½ cup	<p>10. Portion out 1 ½ oz of dressing into 2 oz soufflé cups and attach lids.</p> <p>11. To build salad, combine 1 cup romaine/mustard greens, 2 oz chicken, ½ cup corn, ½ cup slaw mixture, ¾ cup (2 ½ oz) noodles, with 1 ½ oz dressing in soufflé cups. Then, garnish with 1 Tbsp Chow Mein noodles and 1 Tbsp of green onions.</p> <p>Critical Control Point: Hold for cold service at 41 °F or lower.</p>



**GINGER CITRUS NOODLE SALAD
NUTRITION INFORMATION**

For 1 entrée salad

NUTRIENTS	AMOUNT
Calories	402
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Total Fat	14 g
Saturated Fat	2.2 g
Cholesterol	32 mg
Sodium	192 mg
Total Carbohydrates	47 g
Dietary Fiber	5 g
Total Sugars	13 g
Added Sugars included	N/A
Protein	21 g
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Vitamin A	1982 mcg
Vitamin C	38 mg
Vitamin D	N/A
Calcium	60 mg
Iron	3 mg
Potassium	N/A

N/A=data not available.

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

***MARKETING GUIDE**

Food as Purchased for	50 Servings	100 Servings
Lettuce, Romaine	3 lb 12 oz	7 lb 8 oz
Greens, mustard	1 lb 13 oz	3 lb 10 oz
Carrots	1 lb 9 oz	3 lb 2 oz
Cabbage, red	1 lb 5 oz	2 lb 10 oz
Peppers, red	1 lb 6 oz	2 lb 12 oz
Onions, green	2 ½ oz	5 oz

NOTES

When mustard greens are not in season, use other dark green leafy vegetables (e.g., spinach or kale).

Commercially available ginger dressing was used in the testing of this recipe. If you have questions about the purchased product or how to make your own, please reach out to the GaDOE Culinary Specialists at <https://snp.gadoe.org/SCE/Pages/Culinary.aspx>.

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

Cooking Process #3 Complex Food Preparation

YIELD/VOLUME

50 Servings	100 Servings
50 entrée salads About 32 lb 13 oz About 4 gal 2 qt 3 cups	100 entrée salads About 65 lb 10 oz About 9 gal 1 qt 2 cups

