



# Chicken Lo Mein

This first place winning Lo Mein recipe is sweet, savory, and tangy all at the same time.

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

**Preparation Time:** 1 hour  
**Cook Time:** 45 minutes

**NSLP/SBP crediting information:**  
1 cup provides 1/8 cup red/orange vegetable, 1/8 cup dark green vegetable, 1/8 cup other vegetable, 1/8 cup additional vegetable, 1 3/4 oz equivalent meats/meat alternates, 2 1/4 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Chicken breast, boneless, skinless	8 lb 8 oz		17 lb		<ol style="list-style-type: none"> <li>Bake chicken for 40-45 minutes at 350 °F. <b>Critical Control Point:</b> Heat until chicken reaches 165 °F or higher for at least 15 seconds.</li> <li>Rough chop chicken. <b>Critical Control Point:</b> Hold at 135 °F or higher until ready to serve.</li> </ol>
Whole wheat soba or spaghetti noodles, dry	6 lb 4 oz		12 lb 8 oz		<ol style="list-style-type: none"> <li>Bring a pot of water to a boil. Add whole wheat noodles and cook for 10-12 minutes. Drain. Rinse with cold water. <b>Critical Control Point:</b> Hold below 41 °F or above 135 °F.</li> </ol>



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Bell pepper, small dice	1 lb 2 oz	2 qt	2 lb 4 oz	1 gal	<b>4.</b> Cut bell peppers, onion, carrots, broccoli, green onions, and garlic.
*Onions, small dice	1 lb 14 oz	2 qt	3 lb 12 oz	1 gal	
*Carrot, small dice	2 lb 7 oz	2 qt	4 lb 14 oz	1 gal	
Garlic cloves, minced	1 ½ oz	¼ cup	3 oz	½ cup	
*Broccoli floret	2 lb 9 oz	2 gal	5 lb 2 oz	4 gal	
*Green onion, small slice	5.7 oz	2 cups	11 ½ oz	1 qt	
Vegetable oil	8 oz	1 cup	1 lb	2 cups	<b>5.</b> Heat vegetable oil in a large braising pan on the stove top or tilt skillet. Add onions, bell peppers, carrots, and minced garlic. Cook for 3-4 minutes. <b>6.</b> Add broccoli and green onions. Continue cooking for another 5-8 minutes.
<b>Sauce:</b>					
Pineapple juice	1 lb 6 oz	2 ½ cups	2 lb 12 oz	1 qt 1 cup	<b>7.</b> In a saucepan, mix the pineapple juice, soy sauce, brown sugar, rice vinegar, spices, cornstarch, and water. Stir until smooth.
Soy sauce, low sodium	1 lb	2 cups	2 lb	1 qt	<b>8.</b> Place the mixture on the stove and bring to a boil. Cook for 3-5 minutes.
Brown sugar	13 ½ oz	1 ¾ cups	1 lb 11 oz	3 ½ cups	
Rice wine vinegar	6.4 oz	¾ cup	12.8 oz	1 ½ cups	
Garlic powder	½ oz	2 Tbsp	1 oz	¼ cup	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Ginger, ground	0.4 oz	1 ½ Tbsp	0.7 oz	3 Tbsp	
Black pepper	¼ oz	2 tsp	½ oz	4 tsp	
Cornstarch	1.2 oz	¼ cup	2.4 oz	½ cup	
Water	18 oz	2 ¼ cups	2 lb 4 oz	1 qt ½ cups	<p><b>9.</b> Add chopped chicken and noodles to the vegetable mixture. Add sauce and mix until all components are evenly distributed.</p> <p><b>Critical Control Point:</b> Hold for hot service at 135 °F or higher.</p>
Chow mein noodles	12 ½ oz		1 lb 9 oz		<p><b>10.</b> Serve a 1 cup spoodle and top with 2 Tbsp chow mein noodles.</p>



