



Asian-inspired Chop Salad with Ginger Sunbutter Dressing

This crunchy, tasty Asian-inspired salad features Texas grown hydroponic lettuce, fresh vegetables, edamame, whole-grain wonton strips, and a creamy ginger Sunbutter dressing.

Recipe Project Name: Fiscal Year 2021 Cohort B Team Nutrition Training Grant for School Meal Recipe Development
Texas Department of Agriculture

Preparation Time: 2 hours

Cook Time: No cook

NSLP/SBP crediting information:

One salad, 2 Tbsp dressing, and ½ oz wonton strips provide:

Crediting Edamame as Meats/Meat Alternates: ½ cup dark green vegetable, ¼ cup red/orange vegetable, ¼ cup other vegetable, and 1 oz eq meat/meat alternate.

Or

Crediting Edamame as Vegetables: ½ cup dark green vegetable, ¼ cup red/orange vegetable, ¼ cup other vegetable, ⅛ cup additional vegetable, and ¼ cup beans/peas (legumes).

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Canola oil	11 oz	1 ½ cups	1 lb 7 7/10 oz	3 cups	1. Defrost edamame under refrigeration overnight prior to use.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					2. Working in batches, blend together all dressing ingredients (canola oil through garlic) in a blender until smooth.
Honey	8 oz	$\frac{3}{4}$ cup	1 lb	1 $\frac{1}{2}$ cups	TIP: Use the same liquid measuring cup used for the canola oil to measure out the honey. The residual oil will help the honey slide out easily.
Rice vinegar, unseasoned	6 oz	$\frac{3}{4}$ cup	11 oz	1 $\frac{1}{2}$ cups	3. Cover and refrigerate until ready to use. Critical Control Point: Cover and hold at 41 °F or below until ready for service.
Lime juice, fresh	6 oz	$\frac{3}{4}$ cup	11 oz	1 $\frac{1}{2}$ cups	
Sunbutter, no sugar added	10 $\frac{1}{2}$ oz	1 $\frac{1}{6}$ cups	1 lb 5 oz	2 $\frac{1}{3}$ cups	
Soy sauce, low sodium	3 $\frac{3}{10}$ oz	$\frac{3}{8}$ cup	6 $\frac{3}{5}$ oz	$\frac{3}{4}$ cup	
Ginger root, fresh, finely chopped	2 $\frac{1}{10}$ oz	$\frac{3}{8}$ cup	4 $\frac{1}{5}$ oz	$\frac{3}{4}$ cup	
Sriracha sauce	3 oz	$\frac{1}{4}$ cup	4 $\frac{7}{10}$ oz	$\frac{1}{2}$ cup	
Garlic, fresh, minced	1 $\frac{1}{5}$ oz	$\frac{1}{4}$ cup	2 $\frac{4}{5}$ oz	$\frac{1}{2}$ cup	
*Lettuce, hydroponic, Texas/local, chopped Or Romaine or dark green loose leaf lettuce, chopped	4 lb	3 gal 2 cups	8 lb	6 gal 1 qt	4. Combine the lettuce and cilantro to make the salad mix. Cover and refrigerate until ready to serve. Critical Control Point: Cover and hold at 41 °F or below until ready for service.
Cilantro, fresh, coarsely chopped	12 oz	1 qt	1 lb 10 oz	2 qt	
*Cucumber, fresh, peeled, thinly sliced	1 lb 10 $\frac{1}{2}$ oz	1 qt 3 cups	3 lb 5 oz	3 qt 2 cups	5. Prepare the remaining vegetables. Cover and refrigerate until ready to serve. Critical Control Point: Cover and hold at 41 °F or below until ready for service.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Carrots, fresh, peeled, grated	1 lb 11 oz	1 qt 3 cups	3 lb 6 oz	3 qt 2 cups	
*Bell pepper, red, julienned	1 lb 9 ½ oz	1 qt 3 cups	3 lb 3 oz	3 qt 2 cups	
*Cabbage, red, shredded	1 lb 6 oz	1 qt 3 cups	2 lb 12 oz	3 qt 2 cups	
Edamame, frozen, prepared	4 lb 12 oz	3 qt 2 cups	9 lb 8 oz	1 gal 3 qt	
*Scallions, sliced on a bias, ¼-inch	5 ½ oz	3 ½ cups	11 ⅘ oz	1 qt 3 cups	<p>6. Portion the salad into individual serving containers/bowls in the following order:</p> <ul style="list-style-type: none"> 1 cup lettuce mix, 2 Tbsp cucumber (No. 30 scoop), 2 Tbsp carrots (No. 30 scoop) 2 Tbsp red bell pepper (No. 30 scoop) ¼ cup cabbage (No. 16 scoop) ¼ cup edamame (No. 16 scoop) <p>Scallions and sunflower seeds (optional) as garnish.</p> <p>Critical Control Point: Hold for cold service at 41 °F or below.</p>
Wonton strips, whole grain	1 lb 9 oz	3 qt ½ cup	3 lb 2 oz	1 gal 2 qt 1 cup	
Sunflower seeds, toasted (optional garnish)	5 ⅘ oz	1 cup	10 oz	2 cups	<p>7. Serve salad with 2 Tbsp salad dressing and ½ oz wonton strips portioned into a 4 oz deli cup.</p>



**ASIAN-INSPIRED CHOP SALAD
NUTRITION INFORMATION**

For 1 salad, 2 Tbsp salad dressing, ½ oz wonton strips

NUTRIENTS **AMOUNT**
Calories **270**

Total Fat **18 g**
Saturated Fat 2 g
Cholesterol 0 mg
Sodium **210 mg**
Total Carbohydrate **23 g**
Dietary Fiber 5 g
Total Sugars 8 g
Added Sugars included N/A
Protein **9 g**

Vitamin A N/A
Vitamin C N/A
Vitamin D 0 mcg
Calcium 61 mg
Iron 3 mg
Potassium 492 mg

N/A=data not available.

*MARKETING GUIDE		
Food as Purchased for	50 Servings	100 Servings
Lettuce, hydroponic, fresh	6 lb	12 lb
Cabbage, red, fresh, shredded	1 lb 10 oz	3 lb 5 oz
Scallions, fresh, sliced	1 lb	2 lb
Cucumber, fresh	2 lb	4 lb
Carrot, fresh, grated	2 lb	4 lb
Bell pepper, red, fresh	2 lb	4 lb

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 #1: No cook.

YIELD/VOLUME	
50 Servings	100 Servings
50 salads About 25 lb	100 salads About 50 lb

SOURCE:

FY 2021 Cohort B Team Nutrition Training Grant

