**Noodles With Peanut Butter Sauce**

Peanut butter sauce, also called satay sauce, is commonly served in China, Indonesia, Malaysia, Thailand, Vietnam, and Africa to add flavor to grilled meats and noodles.

**CACFP CREDITING INFORMATION**

$\frac{3}{4}$ cup (6 oz ladle) provides $\frac{1}{2}$ oz equivalent meat/meat alternate, $\frac{1}{4}$ cup vegetable, and $\frac{1}{2}$ oz equivalent grains.

**SOURCE**

Team Nutrition CACFP Multicultural Recipe Project.

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**INGREDIENTS**

<table>
<thead>
<tr>
<th></th>
<th>25 SERVINGS</th>
<th>50 SERVINGS</th>
<th>DIRECTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight</td>
<td>Measure</td>
<td>Weight</td>
<td>Measure</td>
</tr>
<tr>
<td>Water</td>
<td>32 fl oz</td>
<td>64 fl oz</td>
<td>1 Heat water to a rolling boil.</td>
</tr>
<tr>
<td>Spaghetti noodles, whole grain-rich, uncooked</td>
<td>12½ oz</td>
<td>1 lb 9 oz</td>
<td>2 Break spaghetti noodles in half. Slowly add noodles to boiling water. Stir constantly until water returns to a boil. Cook about 8 minutes or until al dente. Stir occasionally. Do not overcook. Drain well.</td>
</tr>
<tr>
<td>Nonstick cooking spray</td>
<td>1 spray</td>
<td>2 sprays</td>
<td>3 Coat two extra-large skillets, a flat top, or a griddle with nonstick cooking spray. If using skillets: For 25 servings, use 2 extra-large skillets. For 50 servings, use 4 extra-large skillets.</td>
</tr>
<tr>
<td>Chicken breast, boneless, skinless, fresh or frozen, raw, $\frac{1}{2}$&quot; diced</td>
<td>2 lb 13½ oz</td>
<td>5 lb 11 oz</td>
<td>4 Over medium–high heat, brown all sides of diced chicken, 10–15 minutes.</td>
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</tbody>
</table>
### Noodles With Peanut Butter Sauce

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<tr>
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<tr>
<td></td>
<td>Weight</td>
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<td>Weight</td>
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</tbody>
</table>
| Broccoli, frozen, cut                    | 2 lb 10 oz | 3 qt \(\frac{1}{2}\) cup | 5 lb 4 oz | 1 gal 2 qt 1 cup | **5** Add thawed and drained broccoli to the skillet and cook for 15 minutes, or until internal temperature of diced chicken reaches 165 °F and broccoli is tender, but not mushy.
|                                          |          |          |          |         | Note: Large broccoli pieces may be a choking hazard. For younger children, chop broccoli into smaller pieces. |
| Peanut butter, smooth                    | 6\(\frac{1}{4}\) oz | \(\frac{3}{4}\) cup | 12\(\frac{1}{2}\) oz | \(\frac{1}{2}\) cup | **6** Prepare sauce: See notes section below for instruction for 25 and 50 servings. |
| Water                                    | \(\frac{3}{4}\) cup |          | \(\frac{1}{2}\) cup |          | |
| Soy sauce, low-sodium                    | \(\frac{3}{4}\) cup |          | \(\frac{1}{2}\) cup |          | |
| Cider vinegar                            | \(\frac{1}{4}\) cup |          | \(\frac{1}{2}\) cup |          | |
| Sugar, granulated                        | \(\frac{1}{4}\) cup |          | \(\frac{1}{2}\) cup |          | |
| *Ginger root, raw, minced                | 2 tsp |          | 1 Tbsp 1 tsp |          | |
| *Garlic, fresh, minced                   | 4 cloves OR 2 tsp |          | 8 cloves OR 1 Tbsp 1 tsp |          | |
| Red pepper flakes                        | \(\frac{1}{2}\) tsp |          | 1 tsp |          | |
| Cornstarch                               | 1 Tbsp 1 tsp |          | 2 Tbsp 2 tsp |          | |
| *Green onion with tops, fresh, chopped  (optional) | 2 oz | \(\frac{1}{2}\) cup | 4 oz | 1 cup | **7** In a large bowl, toss peanut sauce, chicken, broccoli, and noodles. Garnish each serving with 1 tsp of green onions, 1 tsp of cilantro, and one lime wedge (optional). |

*Ginger root, fresh, minced

*Garlic, fresh, minced

Red pepper flakes

Cornstarch

*Green onion with tops, fresh, chopped (optional)
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</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Weight</td>
<td>Measure</td>
<td>Weight</td>
</tr>
<tr>
<td>Cilantro, fresh, chopped (optional)</td>
<td>2 oz</td>
<td>1/2 cup</td>
<td>4 oz</td>
</tr>
<tr>
<td>Lime wedge, fresh (optional)</td>
<td>25 each</td>
<td></td>
<td>50 each</td>
</tr>
</tbody>
</table>

8 Serve 3/4 cup (6 oz ladle).  
Note: For younger children, squeeze lime juice onto the dish and serve without the lime wedge.

9 Serve hot or cold.  
Critical Control Point:  
Hold for hot service at 140 °F.  
Critical Control Point:  
Hold for cold service at 40 °F.
NUTRITION INFORMATION
For ¼ cup (6 oz ladle).

<table>
<thead>
<tr>
<th>NUTRIENTS</th>
<th>AMOUNT</th>
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<tbody>
<tr>
<td>Calories</td>
<td>175</td>
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<tr>
<td>Total Fat</td>
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<tr>
<td>Saturated Fat</td>
<td>1 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>28 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>320 mg</td>
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<tr>
<td>Total Carbohydrate</td>
<td>19 g</td>
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<tr>
<td>Dietary Fiber</td>
<td>3 g</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>4 g</td>
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<tr>
<td>Added Sugars included</td>
<td>N/A</td>
</tr>
<tr>
<td>Protein</td>
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<tr>
<td>Vitamin D</td>
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<tr>
<td>Calcium</td>
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<tr>
<td>Iron</td>
<td>0 mg</td>
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<tr>
<td>Potassium</td>
<td>N/A</td>
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</table>

N/A=data not available.

YIELD/VOLUME

<table>
<thead>
<tr>
<th></th>
<th>25 Servings</th>
<th>50 Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 lb 5 oz</td>
<td>16 lb 9 oz</td>
<td>1 gal 1 qt</td>
</tr>
<tr>
<td>1 gal 1 qt</td>
<td>2 gal 2 qt</td>
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</table>

MARKETING GUIDE

<table>
<thead>
<tr>
<th>Food as Purchased for</th>
<th>25 Servings</th>
<th>50 Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cilantro</td>
<td>3 oz</td>
<td>5 oz</td>
</tr>
<tr>
<td>Green onions</td>
<td>3 oz</td>
<td>5 oz</td>
</tr>
<tr>
<td>Garlic</td>
<td>4 cloves</td>
<td>8 cloves</td>
</tr>
</tbody>
</table>

NOTES

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

Prepare Sauce for 25 Servings
1. In a medium microwavable bowl, combine peanut butter, ½ cup of warm water, soy sauce, cider vinegar, sugar, ginger, garlic, and red pepper flakes.
2. Microwave sauce for 1 minute; whisk sauce and microwave for 1 more minute, whisk again. (Note: Sauce will look stringy.)
3. In a small bowl, whisk remaining ¼ cup warm water with cornstarch to make a slurry. Be sure cornstarch is fully dissolved in the water before adding slurry to the sauce.
4. Slowly whisk slurry into the peanut butter sauce until fully combined. Microwave 1 minute or until thick. Whisk until sauce is a smooth-thick consistency. Slowly whisk slurry into the peanut butter sauce until fully combined. Microwave 2 minutes or until thick. Whisk until sauce is a smooth-thick consistency.

Prepare Sauce for 50 Servings
1. In a large microwavable bowl, combine peanut butter, 1 cup of warm water, soy sauce, cider vinegar, sugar, ginger, garlic, and red pepper flakes.
2. Microwave sauce for 2 minutes; remove from the microwave, whisk sauce and microwave for 2 more minutes, whisk again. (Note: Sauce will look stringy.)
3. In a small bowl, whisk remaining ½ cup warm water with cornstarch to make a slurry. Be sure cornstarch is fully dissolved in the water before adding slurry to the sauce.
4. Slowly whisk slurry into the peanut butter sauce until fully combined. Microwave 2 minutes or until thick. Whisk until sauce is a smooth-thick consistency.

Variation
Add a variety of frozen stir-fry vegetables such as snow peas, carrots, and onions.

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