

# Sesame Asian Noodle Chicken Salad

Meat/Meat Alternate-Beans/Peas Vegetable-  
Red/Orange Vegetable-Other Vegetable-Grains

Main Dishes

25 Servings

50 Servings

## Directions 25-50

**Process:** #1 No Cook, #2 Same Day Service, #3 Complex Food Preparation

<b>Ingredients:</b> <small>Indicate fresh, frozen, canned, drained, packed in water, juice, dried, dehydrated, cooked.</small> <small>Describe: peeled, sliced, chopped, diced, grated, minced, and size.</small>	<b>Weight</b> <small>Lbs+ oz</small>	<b>Measure</b> <small>Largest unit</small>	<b>Weight</b>	<b>Measure</b>	<b>Include Critical Control Point, pan sizes, Scoop size</b>  <b>#2 Same Day Service</b> <b>DIRECTIONS</b>
*Fresh ginger, minced		1 Tbsp		2 Tbsp	1. To make dressing, combine ginger, rice vinegar, soy sauce, orange juice, honey, oil, and garlic powder in a blender. Blend for 2 minutes at medium speed. Pour dressing into a container. Cover and refrigerate.  2. Critical Control Point: Cool to 40 °F or lower within 4 hours.
Rice vinegar		3/4 cup		1 1/2 cups	
Low-sodium soy sauce		1/2 cup		1 cup	
Orange juice		1/4 cup		1/2 cup	
Honey	2 oz	2 Tbsp	4 oz	1/4 cup	
Canola oil		3/4 cup		1 1/2 cups	
AND					
Sesame oil		3/4 cup		1 1/2 cups	
OR					
Canola oil, only		1 1/2 cups		3 cups	
Garlic powder		1/2 tsp		1 tsp	3. Heat water to a rolling boil.

Water		1 gal		2 gal	
Spaghetti noodles, whole-wheat, dry	1 lb 9 oz	1 qt 1 cup	3 lb 2 oz	2 qt 2 cups	4. Slowly add pasta. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Rinse with cold water or ice water to rapidly cool. Drain well. Cover and refrigerate.  5. Critical Control Point: Cool to 70 °F or lower within 2 hours, and 40 °F or lower within 6 hours.
Water		1 qt		2 qt	6. Heat water to a rolling boil.
Frozen edamame	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt	7. Add edamame and boil for 3 minutes. Rinse with cold water. Drain well. 8. Combine edamame, carrots, cabbage, onions, and chicken together in a large steam table pan (12" x 20" x 2 1/2"). Add pasta. Mix well. Pour dressing over mixture and toss well. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
*Fresh carrots, shredded	10 1/2 oz	1 qt	1 lb 5 oz	2 qt	
*Fresh red cabbage, shredded	8 oz	1 qt	1 lb	2 qt	
*Fresh red onion, sliced, thin	3 oz	3/4 cup	6 oz	1 1/2 cups	
Frozen, cooked diced chicken, thawed, 1/2" pieces	1 lb 9 oz	1 qt 1 1/2 cups	3 lb 2 oz	2 qt 3 cups	
Sesame seeds		1/2 cup		1 cup	9. Sprinkle with sesame seeds. Refrigerate at 40 °F.  10. Critical Control Point: Cool to 40 °F or lower within 4 hours. Cover and refrigerate until service.  11. Critical Control Point: Hold for cold service at 40 °F or lower.  12. Portion with 8 fl oz spoodle (1 cup).


## Marketing Guide for Selected Items

	Food as Purchased for	25 Servings	50 Servings
Carrots		15 oz	1 lb 14 oz
Red cabbage		10 oz	1 lb 4 oz
Red onion		4 oz	8 oz

### Notes:

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

Cooking Process #3: Complex Food Preparation

### Serving

NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides:

Legume as Meat Alternate: 1 ½ oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, 1/8 cup other vegetable, and 1 oz equivalent grains.

OR

Legume as Vegetable: 1 oz equivalent meat, 1/8 cup legume vegetable, 1/8 cup red/orange vegetable, 1/8 cup other vegetable, and 1 oz equivalent grains.

CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides:

Legume as Meat Alternate: 1 1/2 oz meat/meat alternate, 1/4 cup vegetable, and 1 serving grains/bread.

OR

Legume as Vegetable: 1 oz meat/meat alternate, 3/8 cup vegetable and 1 serving grains/bread.

**Serving:****Yield: (not to exceed 27, 54)****Volume:**

NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides:

Legume as Meat Alternate: 1 ½ oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, 1/8 cup other vegetable, and 1 oz equivalent grains.

OR

Legume as Vegetable: 1 oz equivalent meat, 1/8 cup legume vegetable, 1/8 cup red/orange vegetable, 1/8 cup other vegetable, and 1 oz equivalent grains.

**25 Servings**

about 9 lb

about 1 gallon 2 cups / 1 steam table pan (12" x 20" x 2 1/2")

CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides:

Legume as Meat Alternate: 1 ½ oz meat/meat alternate, ¼ cup vegetable, and 1 serving grains/bread.

OR

Legume as Vegetable: 1 oz meat/meat alternate, 3/8 cup vegetable and 1 serving grains/bread.

**50 Servings**

about 18 lb

about 2 gallons 1 quart / 2 steam table pans (12" x 20" x 2 1/2")

<b>Nutrient    % Daily Value</b>		<b>Minerals</b>		<b>Vitamins</b>	
Total Calories	338.48	Calcium	45.05 mg	Vitamin A	2099.1 IU
Protein	16.86 g	Potassium	192.63 mg	Vitamin B6	0.28 mg
Carbohydrates	28.77 g	Sodium	337.52 mg	Vitamin B12	0.1 mcg
Dietary Fiber	5.04 g	Copper	0.16 mg	Vitamin C	6.89 mg
Total Sugars	6.31 g	Iron	1.87 mg	Vitamin D	1.42 IU
Total Fat	18.31 g	Magnesium	38.39 mg	Vitamin E	1.79 mg AT
Saturated Fat	2.22 g	Phosphorus	150.34 mg	Vitamin K	11.83 mcg
Monounsaturated Fat	7.83 g	Selenium	28 mcg	Folate	12.08 mcg
Polyunsaturated Fat	5.41 g	Zinc	1.01 mg	Thiamin	0.12 mg
Linoleic Acid	4.67 g			Riboflavin	0.1 mg
α-Linolenic Acid	0.72 g			Niacin	4.66 mg
Cholesterol	24.1 mcg			Choline	36.99 mg