

# Amazing Lo Mein with Edamame

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Skill Level: Intermediate

YIELD

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Noodles, Spaghetti, dry weight	6 lbs. 4 oz.		12 lbs. 8 oz.	
Oil, olive or vegetable		1 pint		1 quart
Garlic, minced		1/3 cup + 1 Tbsp.		3/4 cup
Onion, diced		1 pint		1 quart
Carrots, shredded		1 quart		2 quarts
Vegetables, stir-fry variety, frozen		1 1/2 gallons + 1 cup		3 gallons + 1 pint
Soy Sauce, low sodium		1 1/2 cups		1 pint + 1 cup
Sugar, granulated		3/4 cup		1 1/2 cups
Beans, garbanzo, canned, drained OR cooked from dry		3/4 gallon + 1/2 cup OR 1 1/4 - #10 cans		1 1/2 gallons + 1 cup OR 2 1/2 - #10 cans
Edamame, cooked, shell removed	4 lbs. 12 oz.		9 lbs. 8 oz.	
Cilantro, fresh		garnish		garnish

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP - Standard Operating Procedure- Wash all produce before starting this recipe.

## Preparation

1. Prepare spaghetti al dente; drain and keep warm.
2. Heat oil in a tilt skillet or kettle; add the minced garlic, diced onion, shredded carrots, and the frozen stir-fry vegetables. Sauté until vegetables are tender but crisp.
3. Add spaghetti, soy sauce, sugar, edamame and garbanzo beans to the vegetable mixture. Toss gently to mix all ingredients well.
4. Transfer to serving pans. Garnish each pan with cilantro.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

## Serving Information

Portion 1 1/2 cups of lo mein per serving.

Each serving provides 2 meat/meat alternate, 2 ounce equivalent grains and 1/2 cup other vegetable.

OR

Portion 3/4 cups of lo mein per serving.

Each serving provides 1 meat/meat alternate, 1 ounce equivalent grains and 1/4 cup other vegetable.

## Nutrition Information

per 1 1/2 cup serving \*From USDA Nutrient Database  
 Calories: 480 Total Fat: 14g Saturated Fat: 2g Monounsaturated Fat: 7g Polyunsaturated Fat: 2g Trans Fat: 0g  
 Cholesterol: 0mg Carbohydrate: 76g Fiber: 17g Total Sugar: 10g Protein: 20g Sodium: 435mg Vitamin A: 305µg  
 Vitamin C: 6mg Calcium: 100mg Iron: 5mg Folate: 193µg