

Amazing Lo Mein

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

YIELD

50 Servings

100 Servings

Skill Level: Intermediate

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		1 1/2 gallons + 1 cup OR 2 1/2 - #10 cans		3 gallons + 1 pint OR 5 - #10 cans
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 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: 507 Total Fat: 13g Saturated Fat: 2g Monounsaturated Fat: 7g Polyunsaturated Fat: 2g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 84g Fiber: 19g Total Sugar: 11g Protein: 20g Sodium: 533mg Vitamin A: 299µg Vitamin C: 6mg Calcium: 96mg Iron: 5mg Folate: 111µg



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