

Crunchy Thai Salad Shaker

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process #2-Same Day Service

YIELD

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Kale, stem removed, chopped	3 lbs.		6 lbs.	
Napa cabbage, thinly sliced	3 lbs.		6 lbs.	
Red cabbage, thinly sliced	4 lbs.		8 lbs.	
Carrots, shredded	1 ¼ lbs.		2 ½ lbs.	
Green onions, thinly sliced	2 lbs.		4 ¼ lbs.	
Red bell pepper, thinly sliced	5 lbs. 4 oz.		10 lbs. 8 oz.	
Garbanzo beans, drained and rinsed		2-#10 cans		4-#10 cans
Shelled Edamame (shell off)	4 lbs.12oz.		9 lbs. 8 oz.	
Mandarin oranges, drained	8 lbs. 8 oz.		17 lbs.	
Cilantro, chopped		1 cup		2 cups
Dressing				
Lime juice		1 ¾ cups		3 ½ cups
Oil		1 ¼ cups		2 ½ cups
Sesame oil		¾ cup		1 ½ cups
Soy sauce, reduced sodium		1 ¾ cups		3 ½ cups
Garlic, minced		¾ cup		1 ½ cups
Ginger, ground		1 ½ Tbsp.		3 Tbsp.
Brown sugar		¾ cups		1 ½ cups
White vinegar		¾ cups		1 ½ cups
Red pepper flakes		1 ½ Tbsp.		3 Tbsp.

HACCP- Standard Operating Procedure- Use handwashing procedures before starting recipe.



Crunchy Thai Salad Shaker Continued

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Preparation

1. In a blender, combine lime juice, soy sauce, garlic, ginger, sugar and vinegar and blend for 30 seconds. With the blender on low, slowly drizzle oil and sesame oil into lime juice mixture.
2. Pour dressing into a bowl, add a pinch of salt, black pepper and red pepper flakes.
3. Combine remaining ingredients in a large bowl. Toss with dressing.
4. Optional serving: layer in a clear cup:
 - ½ cup kale
 - ¼ cup red cabbage
 - ¼ cup Napa cabbage
 - 2 Tbsp. carrot
 - ¼ cup edamame
 - ¼ cup red peppers
 - ¼ cup garbanzo beans
 - ½ Tbsp. green onion
 - ¼ cup mandarin orange
 - ½ Tbsp. cilantro

Place 2 Tbsp. dressing in small container.
Serve both containers together.

HACCP Critical Control Point: Hold cold food at a temperature of 41 ° or below at all times.

Serving Information

Serve 2 cups on a plate or bowl.

Each serving provides: 2 meat alternates, ¼ cup dark green vegetable, ¼ cup other vegetable, ⅜ cup red orange vegetable and ¼ cup fruit

Nutrition Information per bowl *From USDA Nutrient Database

Calories: 301 Total Fat: 12.3g Saturated Fat: 1.3g Monounsaturated Fat: 5.5g Polyunsaturated Fat: 4.4g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 40g Fiber: 9.5g Total Sugars: 15g Protein: 12g Sodium: 460mg Vitamin A: 472µg Vitamin C: 161mg Calcium: 144mg Iron: 3.3mg Folate: 238µg

