

Noodles with Stir-Fried Tofu and Bok Choy

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

ADAPTED FROM OAKLAND UNIFIED SCHOOLS

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Noodles, Yakisoba or Spaghetti, dry weight	6 lbs. 4 oz.		12 lbs. 8 oz.	
Soy Sauce, reduced sodium		1 pint + 1 cup		1 ½ quarts
Water		1 pint + ¼ cup		1 quart + ½ cup
Apple cider vinegar		1 cup + 2 Tbsp.		1 pint + ¼ cup
Toasted sesame oil		¾ cup		1 ½ cup
Vegetable oil		2 Tbsp.		¼ cup
Bok Choy, chopped	3 lbs. 8 oz.		7 lbs.	
Green Onions, chopped, white and green	4 oz.		8 oz.	
Tofu, cubed, firm, baked, 1 ounce equivalent OR Tofu, cubed, firm, baked, 2 ounce equivalent	7 lbs. OR 14 lbs.		14 lbs. OR 28 lbs.	
Garlic, minced OR Garlic, granulated		2 Tbsp. OR 1 Tbsp.		¼ cup OR 1/8 cup
Ginger, minced OR Ginger, granulated		1 ½ Tbsp. OR 1/3 tsp		3 Tbsp. OR 2/3 tsp
Cilantro, chopped, fresh OR Cilantro, dried		½ cup OR 2 Tbsp.		1 cup OR ¼ cup

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

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



Noodles with Stir-Fried Tofu and Bok Choy Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Preparation

1. Prepare spaghetti or yakisoba noodles al dente; drain and keep warm.
2. If using tofu not already baked, heat oven to 325°F. Place tofu on a greased or foiled baking sheet. Bake for approximately an hour, flipping the tofu every 15-20 minutes, until a large amount of the liquid is removed. Let cool.
2. Meanwhile, combine soy sauce, water, apple cider vinegar and sesame oil in a large bowl to make the sauce; set aside.
3. Heat vegetable oil in a tilt skillet or wok; add bok choy and stir-fry until it begins to wilt, about 3-5 minutes.
4. Add garlic, ginger, and green onions, and cook another 2-3 minutes until fragrant.
5. Add prepared sauce and cubed tofu to the vegetable mixture and bring to a boil.
6. Add the cooked noodles, toss gently; heat thoroughly until it reaches 150°F for 15 seconds.
7. 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 ½ cups of stir fried noodles using 2 scoops with a 6 ounce spoodle or 2-#6 scoops onto each tray. Each serving provides 1 meat/meat alternate (or 2 meat/meat alternates if using more tofu), 2 ounce equivalent grains and 1/8 cup dark green vegetable.

Nutrition Information *From USDA Nutrient Database

Per 1 ½ cup serving with 1 ounce tofu

Calories: 301 Total Fat: 9g Saturated Fat: 1g Monounsaturated Fat: 3g Polyunsaturated Fat: 4g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 45g Fiber: 8g Total Sugar: 2g Protein: 16g Sodium: 491mg Vitamin A: 63µg
Vitamin C: 13mg Calcium: 194mg Iron: 3mg Folate: 45µg

Per 1 ½ cup serving with 2 ounces tofu

Calories: 344 Total Fat: 11g Saturated Fat: 2g Monounsaturated Fat: 4g Polyunsaturated Fat: 5g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 46g Fiber: 9g Total Sugar: 2g Protein: 21g Sodium: 491mg Vitamin A: 63µg
Vitamin C: 13mg Calcium: 318mg Iron: 4mg Folate: 57µg

