

Pasta with Miso Sauce

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

Process #2-Same Day Service

YIELD

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Spaghetti or Fettuccini Noodles, whole grain rich, dry	7 lbs. 12 oz.		15 lbs. 8 oz.	
Nondairy milk		1 gallon		2 gallons
Flour	1 lb. 9 oz. OR	2 ³ / ₄ cups + 1 Tbsp.	2 lbs. 12 oz.	1 quart + 1 ² / ₃ cups
White Miso	1 lb. 2 oz. OR	2 ¹ / ₃ cups	2 lbs. 4 oz. OR	1 quart + ² / ₃ cup
Vegetable Stock		3/4 gallon + 3 cups		1 ³ / ₄ gallons + 1 pint
Vegetable or Olive Oil		1 ¹ / ₄ cups		2 ¹ / ₂ cups
Cherry Tomatoes	2 lbs. 4 oz.		4 lbs. 8 oz.	
Garlic, minced		1 cup		1 pint
Kale, trimmed, without stem	3 lbs. 12 oz.		7 lbs. 8 oz.	
Tofu-drained, pressed and cubed	6 lbs. 14 oz.		13 lbs. 12 oz.	

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 pasta according to directions.
2. In a large bowl whisk together flour, 1 ¹/₄ quarts milk and miso, until smooth.
3. In large pot or steam jacketed kettle, combine remaining milk and stock, bring to boil, whisk in miso mix and reduce to medium heat, simmer until slightly thickened (12-14 minutes), remove from heat.
4. Heat half of the oil in a tilt skillet over high heat. Add tofu and stir occasionally so it doesn't stick. Cook until golden brown. Remove from skillet and set aside. In tilt skillet add remainder of oil, add tomatoes and stir occasionally until tomatoes start to pop or blister. Add garlic to the tomatoes and cook for 2 minutes (stirring so it doesn't stick). Next add Kale and cook until wilted, stirring constantly.
5. Finally add Tofu and pasta back into skillet, with the tomatoes and kale, toss gently and remove from heat.
6. Optional: Add cheese and toss to combine.

Serving Information

Portion 1 cup serving to provide 1 meat alternate, 1-ounce grain equivalent, ¹/₈ cup dark green vegetable and ¹/₈ cup red/orange vegetable.

OR

Portion ¹/₂ cup serving to provide ¹/₂ meat alternate, ¹/₂ ounce grain equivalent and ¹/₈ cup vegetable.

Nutrition Information per 1 cup serving *From USDA Nutrient Database

Calories: 455 Total Fat: 10.8g Saturated Fat: 1.7g Monounsaturated Fat: 5g Polyunsaturated Fat: 2.6g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 75g Fiber: 4g Total Sugar: 4.8 Protein: 20g Sodium: 615mg Vitamin A: 279µg Vitamin C: 47mg Calcium: 358mg Iron: 5.3mg Folate: 64µg



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