

# Lo Mein Noodle Bowl

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

Process # 2 – Same Day Service

**YIELD**

**50 Servings**

**OR**

**100 Servings**

**Skill Level: Intermediate**

Ingredients	Weight	Measure	Weight	Measure
Noodles, Spaghetti, dry weight	6 pounds 4 ounces		12 pounds 8 ounces	
Oil, olive or vegetable		1 ½ cup		3 cups
Granulated garlic		½ cup		1 cup
Onion, diced, ready-to-use	1 pound		2 pounds	
Edamame, shelled (shell removed), frozen	4 pounds 12 ounces		9 pounds 8 ounces	
Vegetables, California blend, frozen	9 pounds 8 ounces		19 pounds	
Soy Sauce, low sodium		1 ½ cups		3 cups
Sugar, granulated		¾ cup		1 ½ cups
Beans, garbanzo, canned, drained, rinsed		1 ¼ - #10 cans (12 ½ cups)		2 ½ - #10 cans (25 cups)
Cilantro, fresh, optional		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 garlic, diced onion, edamame, and the frozen vegetables. Sauté until vegetables are tender but crisp approximately 8 minutes.
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 ½ cups per serving on serving tray or in individual bowls.

Each serving provides 2 meat/meat alternate, 2-ounce equivalent grains and ½ cup other vegetable.

\*Serve each noodle bowl with chopsticks, a fortune cookie and/or wonton crisps, if available through distributor.

## Nutrition Information per 1 ½ cup serving \*From USDA Nutrient Database

Calories: 415 Total Fat: 10g Saturated Fat: 1.3g Monounsaturated Fat: 5.5g Polyunsaturated Fat: 1.9g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 65g Fiber: 6g Total Sugars: 7g Protein: 16g Sodium: mg Vitamin A: 159µg Vitamin C: 17mg Calcium: 76mg Iron: 4mg Folate: 159µg



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