

# Nutty 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: Advanced

| Ingredients                                     | Weight             | Measure   | Weight             | Measure    |
|---|--------------------|-----------|--------------------|------------|
| Noodles, spaghetti, whole grain, dry            | 6 pounds 4 ounces  |           | 12 pounds 8 ounces |            |
| Mixed vegetables, country/Midwest blend, frozen | 11 pounds          |           | 22 pounds          |            |
| Nut or seed butter, smooth                      |                    | 1-#10 can |                    | 2-#10 cans |
| Edamame, shelled (shell removed), frozen        | 4 pounds 12 ounces |           | 9 pounds 8 ounces  |            |
| Ginger, granulated                              |                    | 1 cup     |                    | 2 cups     |
| Garlic, granulated                              |                    | ½ cup     |                    | 1 cup      |
| Rice wine vinegar                               |                    | 2 quarts  |                    | 1 gallon   |
| Sugar   |                    | 1 ½ cups  |                    | 3 cups     |
| Soy sauce, reduced sodium                       |                    | 2 cups    |                    | 1 quart    |
| Water   |                    | 1 quart   |                    | ½ gallon   |
| Oil, olive or vegetable                         |                    | 1 cup     |                    | 1 pint     |
| Pepper, red or cayenne                          |                    | ½ cup     |                    | 1 cup      |

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 noodles, drain, and cool. Set aside.
2. In blender, food processor or VCM, combine the peanut butter, vinegar, sugar, soy sauce, water, half of the oil, pepper, ginger and garlic until smooth.
3. Heat remaining oil in tilt skillet over medium-high heat. Add the vegetables and edamame; cook until tender, approximately 10 minutes.
4. Add the cooked noodles and peanut sauce to vegetables. Toss gently.
6. Transfer to serving pans. Can be served warm or chilled.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above or 40°F or below.



# Nutty Noodle Bowl Continued

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## Serving Information

Portion 1 ½ cups of noodles for each serving.

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

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

Calories: 728 Total Fat: 42g Saturated Fat: 8g Monounsaturated Fat: 20g Polyunsaturated Fat: 11g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 69g Fiber: 14g Total Sugar: 15g Protein: 29g Sodium: 533mg Vitamin A: 501µg Vitamin C: 5mg Calcium: 86mg Iron: 4mg Folate: 84µg

