

# AMAZING TOFU LO MEIN

This nutritious meal highlights delicious Asian flavors with a bit of heat. Noodles, tofu, and vegetables combine for a satisfying dish.



ONE PORTION PROVIDES:  
 1/8 cup red/orange vegetable, 1 oz. eq. meat/meat alternative, 2 oz. eq. grain

INGREDIENTS	100 SERVINGS	DIRECTIONS
<i>Tofu, soy marinated, baked</i>		
Tofu, Cubes or Filets	43 pounds, 12 ounces	1. Preheat oven to 375°F. Line sheet pans with parchment paper and spray lightly with vegetable oil spray 2. Combine the diced tofu with soy sauce, vegetable oil, and toasted sesame oil. Mix until all pieces are coated. 3. Transfer the diced tofu to the prepared sheet pans. Bake in the preheated oven for about 15 minutes, or until the tofu is caramelized  <b>CCP-Minimum internal temperature should be 140°F. or above.            CCP-Hold hot (140°F. or above) for use.</b>
Soy sauce, low sodium	9 1/3 cups	
Canola/olive oil blend	4 3/4 cups	
Sesame oil	3 1/8 cups	

<b>Lo mein, vegetable, whole grain spaghetti</b>		
Spaghetti noodles, pasta, whole wheat	11 pounds 10 ounces	4. Cook whole wheat pasta according to package directions to al dente. 5. Place 5 pounds cooked spaghetti in each hotel pan. 6. Add onions, shredded cabbage and carrots to each hotel pan.
Onion, yellow, 1/4-inch diced	15 pounds	
Cabbage, green, shredded	1 bag (2 ½ pounds)	
Carrots, shredded (matchstick)	5 pounds	
Teriyaki sauce, low sodium, preservative free	1 2/3 quarts	7. Pour teriyaki glaze into a liquid measuring container. Whisk in toasted sesame oil, and sriracha. 8. Pour 4 1/4 cups plus 2 tablespoons sauce mixture over each pan. 9. Cover and bake in the preheated 350°F. for about 30 – 40 minutes. <b>CCP: Cook to a minimum internal temperature of 165°F.</b> 10. Remove from the oven. Stir to distribute the sauce and vegetables into the noodles. 11. Serve 1 ½ cups of the vegetable lo mein noodles topped with 1 cup of the seasoned baked tofu.  <b>CCP - Hold hot (140°F. or above) for service.</b>
Sesame oil	3 ¾ cups	
Sriracha hot chili sauce	1 ¼ cups	

**SERVING NOTES:**

Serving size	1 ½ cups of lo mein, 1 cup of tofu	Yield, weight	93 Pounds, 12 Ounces
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**RECIPE NOTES:**

<b>NUTRIENTS PER SERVING</b>							
Calories	630	Total Fat (gm)	34.5	Vitamin A (IU)	3890	Iron (mg)	5.6
Protein (gm)	25.5	Saturated Fat (gm)	5.4	Vitamin C (mg)	11	Sodium (mg)	1206
Carbohydrate (gm)	62.4	Cholesterol (mg)	0	Calcium (mg)	451	Dietary Fiber (gm)	8.2