

# Asian-Style Noodle Salad

Ingredients	10 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
<b>Salad</b>					
Table salt		1 tsp		5 tsp	<ol style="list-style-type: none"> <li>1. Bring a large pot of water to a boil over high heat and add the salt. <b>(Cook the spaghetti in batches if making large amounts.)</b></li> <li>2. Add the spaghetti to the water and stir to submerge and separate the strands. Cook per the box instructions or until al dente. Drain, rinse with cold water until chilled, and drain again. Transfer to a bowl.</li> <li>3. Mix all the vegetables with the noodles in the bowl.</li> </ol>
Spaghetti, whole wheat	6 oz		4 lb 14 oz		
Carrots, peeled, shredded	5 oz	3 cups	3 lb 12 oz	2 qt 2 cups	
Green peas, frozen, thawed	4 3/4 oz	3/4 cup	3 lb 12 oz	2 qt 1 cup	
Red cabbage, shredded	5 oz	2 cups	3 lb 2 oz	5 qt	
Cucumber, peeled, sliced thin	4 oz	3/4 cup	2 lb 8 oz	1 qt 1 1/2 cups	
Green bell pepper, fresh, cut into thin strips	4 oz	3/4 cup	2 lb 8 oz	2 qt 1 1/4 cups	
Corn kernels, thawed if frozen, drained if canned	3 oz	1/2 cup	1 lb 14 oz	1 qt 1/4 cups	
Broccoli florets, fresh or frozen	3 oz	1 cup	1 lb 14 oz	1 qt 1/2 cup	
Red onion, sliced thin	2 oz	3/4 cup	1 lb 4 oz	1 qt	
Peanut-Orange Dressing ( <b>follows</b> )	10 oz	1 cup	6 lb 4 oz	2 qt 2 cups	<ol style="list-style-type: none"> <li>4. Add the dressing and toss until evenly coated. Keep refrigerated until service. Serve with a No. 6 scoop (3/4 cup portion).</li> </ol>



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<b>Peanut-Orange Dressing</b>					
Soy sauce (reduced sodium if available)	1/2 oz	1 tbsp	5 oz	1/2 cup 2 tbsp	1. To make the dressing, stir the soy sauce and cornstarch together with a fork to make a slurry.
Cornstarch		2 tsp	1 1/2 oz	6 tbsp	
Orange juice concentrate, frozen, thawed	5.6 oz	1/2 cup	3 lb 8 oz	1 qt 1 cup	2. Heat the orange juice concentrate over medium heat in a saucepan until it reaches a simmer. Once simmering, add the slurry and continue to cook until it boils and thickens, 2 to 3 minutes.
Peanut butter, creamy, reduced fat	2 oz	1/4 cup	1 lb 4 oz	2 1/2 cups	3. Remove the orange mixture from the heat and combine with the peanut butter in a bowl.)
Oil, olive or canola	2 oz	1/4 cup	1 lb 4 oz	2 1/2 cups	4. Whisk in the oil. (Add water if necessary; dressing should be thick but not solid or firm.)

## Recipe Notes:

### Allergy Caution:

**This recipe contains peanuts and may not be suitable for all schools.**

## Serving Notes:

One 3/4 cup serving provides 1/2 cup serving of vegetables and 1/2 serving of whole grains/breads.  
Serve using a 6-oz scoop.

	10 Servings	100 servings
Total Weight:	3 lb 4 oz	32 lb 8 oz
Total Volume	6 cups	75 cups
Serving Size (weight):	5 oz	5 oz
Serving Size (volume):	3/4 cup	3/4 cup



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Nutrients Per Serving (includes dressing)					
<b>Calories</b>	236	<b>Saturated Fat</b>	2 g	<b>Iron</b>	2 mg
<b>Protein</b>	8 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	47 mg
<b>Carbohydrate</b>	30 g	<b>Vitamin A-RE</b>	280 mcg	<b>Sodium</b>	280 mg
<b>Total Fat</b>	11 g	<b>Vitamin C</b>	59 mg	<b>Dietary Fiber</b>	5 g

