

KUNG PAO STIR FRY

Baked tofu, tender vegetables and classic Asian flavors come together in this versatile dish.



ONE PORTION PROVIDES:

1 cup vegetable, 2 oz. eq. meat/meat alternative

INGREDIENTS	100 SERVINGS	DIRECTIONS
Tofu, cubes or filets	28 pounds	1. Preheat oven to 350°F. 2. Combine the diced tofu, onion, bell peppers and celery.
Onion, yellow, 1/4-inch diced	14 pounds	
Peppers, red, sweet (bell), julienne	13 pounds	
Peppers, green, sweet (bell), julienne	13 pounds	
Celery, raw, diced	4 pounds	
Canola/olive oil blend	1 1/2 cups	3. Mix together the vegetable oil, toasted sesame oil, garlic powder, ground ginger, and red chili flakes. Pour over the tofu and vegetables and mix to coat. 4. Spray 2-inch hotel pans with pan release spray. Pour 10 cups tofu and vegetable mixture into prepared pans. 5. Bake, uncovered, in the preheated 350°F. oven for about 15-20 minutes, or until tofu begins to brown and vegetables are tender-crisp.
Sesame oil	1 cup	
Garlic, dry powder, spices	5/8 cup	
Ginger, ground, spices	5/8 cup	
Pepper, red, crushed, flakes	1/4 cup	

Thai style chili sauce	1 ½ cups	6. Mix together the sweet chili sauce and soy sauce. 7. Remove tofu and vegetables from oven. For each pan, distribute 1 cup sauce evenly over each pan. Stir to coat vegetables and tofu. 8. Place back into oven and bake, uncovered, for an additional 3 minutes to help sauce adhere
Soy sauce, low sodium	3 cups	

SERVING NOTES:

Serving size	1 Cup	Yield, weight	56 Pounds, 4 Ounces
--------------	-------	---------------	---------------------

RECIPE NOTES:

NUTRIENTS PER SERVING							
Calories	224	Total Fat (gm)	11	Vitamin A (IU)	2305	Iron (mg)	3
Protein (gm)	14	Saturated Fat (gm)	2	Vitamin C (mg)	132	Sodium (mg)	310
Carbohydrate (gm)	21	Cholesterol (mg)	0	Calcium (mg)	312	Dietary Fiber (gm)	5.5