

TOFU WITH NOODLES AND BOK CHOY

This pasta and tofu dish has delicious Asian-inspired flavors and features colorful bok choy and cilantro.



ONE PORTION PROVIDES:

¼ cup dark green vegetable, ½ cup other vegetable, 1 oz. eq. meat/meat alternative, 1 oz. eq. grain

| INGREDIENTS | 100 SERVINGS | DIRECTIONS |
|---|---------------|---|
| Soy sauce, low sodium, made from soy and wheat (shoyu) | 7 ¾ cups | 1. Combine soy sauce, water, apple cider vinegar and sesame oil in a large bowl to make the sauce. Set aside. |
| Water | 6 cups | |
| Vinegar, apple cider | 2 cups | |
| Sesame oil | 2 cups | |
| Canola/olive oil blend | ½ cup | 2. Heat oil on a tilt skillet or wok, add bok choy and stir fry until it begins to wilt, about 3-5 minutes |
| Bok choy (Chinese cabbage) | 14 pounds | |
| Green onions, spring or scallions (includes tops and bulb), raw | 10 ounces | 3. Add garlic, ginger, and green onions and cook another 2-3 minutes until fragrant |
| Garlic, raw, peeled, chopped | 5 tablespoons | |
| Ginger, ground | 1 teaspoon | |
| Tofu, cubes or filets | 13 ¾ pounds | 4. Add sauce and cubed tofu to the vegetable mixture and bring to a boil. |

| | | |
|--|--|---|
| Spaghetti noodles, pasta, whole wheat, cooked al dente | 50 cups cooked (12 pounds cooked) (6 pounds dry) | 5. Add the cooked spaghetti and cilantro, toss gently, heat through. CCP-Minimum internal temperature should be at least 165°F. (for 15 seconds). |
| Cilantro, finely chopped | 1 1/3 cups | |

SERVING NOTES:

| | | | |
|--------------|------------|---------------|--------------------|
| Serving size | 1 1/2 Cups | Yield, weight | 62 Pounds, 1 Ounce |
|--------------|------------|---------------|--------------------|

RECIPE NOTES:

| NUTRIENTS PER SERVING | | | | | | | |
|-----------------------|-----|--------------------|------|----------------|------|--------------------|------|
| Calories | 412 | Total Fat (gm) | 12.5 | Vitamin A (IU) | 1739 | Iron (mg) | 4.5 |
| Protein (gm) | 18 | Saturated Fat (gm) | 2 | Vitamin C (mg) | 5 | Sodium (mg) | 2937 |
| Carbohydrate (gm) | 62 | Cholesterol (mg) | 0 | Calcium (mg) | 217 | Dietary Fiber (gm) | 7.5 |