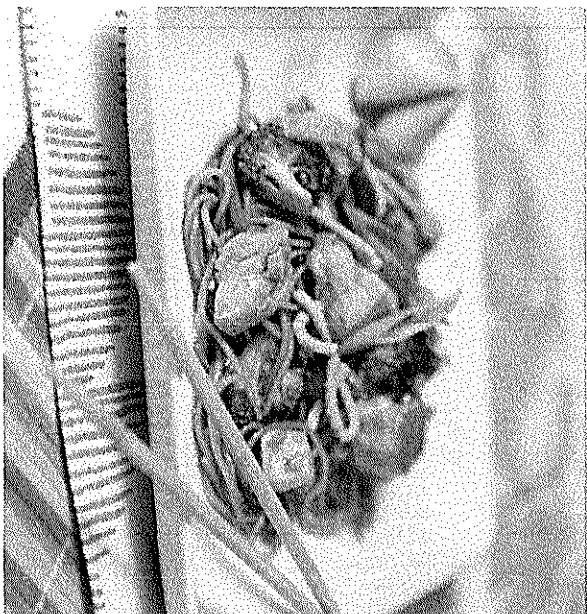




Chicken Lo Mein

This first place winning Lo Mein recipe is sweet, savory, and tangy all at the same time.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Iowa Department of Education

Preparation Time: 1 hour
Cook Time: 45 minutes

NSLP/SBP crediting information:
 1 cup provides $\frac{1}{8}$ cup red/orange vegetable, $\frac{1}{8}$ cup dark green vegetable, $\frac{1}{8}$ cup other vegetable, $\frac{1}{8}$ cup additional vegetable, $1\frac{3}{4}$ oz equivalent meats/meat alternates, $2\frac{1}{4}$ oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Chicken breast, boneless, skinless	8 lb 8 oz		17 lb		1. Bake chicken for 40-45 minutes at 350 °F. Critical Control Point: Heat until chicken reaches 165 °F or higher for at least 15 seconds. 2. Rough chop chicken. Critical Control Point: Hold at 135 °F or higher until ready to serve.
Whole wheat soba or spaghetti noodles, dry	6 lb 4 oz		12 lb 8 oz		3. Bring a pot of water to a boil. Add whole wheat noodles and cook for 10-12 minutes. Drain. Rinse with cold water. Critical Control Point: Hold below 41 °F or above 135 °F.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Bell pepper, small dice	1 lb 2 oz	2 qt	2 lb 4 oz	1 gal	4. Cut bell peppers, onion, carrots, broccoli, green onions, and garlic.
*Onions, small dice	1 lb 14 oz	2 qt	3 lb 12 oz	1 gal	
*Carrot, small dice	2 lb 7 oz	2 qt	4 lb 14 oz	1 gal	
Garlic cloves, minced	1 ½ oz	¼ cup	3 oz	½ cup	
*Broccoli floret	2 lb 9 oz	2 gal	5 lb 2 oz	4 gal	
*Green onion, small slice	5.7 oz	2 cups	11 ½ oz	1 qt	
Vegetable oil	8 oz	1 cup	1 lb	2 cups	5. Heat vegetable oil in a large braising pan on the stove top or tilt skillet. Add onions, bell peppers, carrots, and minced garlic. Cook for 3-4 minutes.
Sauce:					6. Add broccoli and green onions. Continue cooking for another 5-8 minutes.
Pineapple juice	1 lb 6 oz	2 ½ cups	2 lb 12 oz	1 qt 1 cup	7. In a saucepan, mix the pineapple juice, soy sauce, brown sugar, rice vinegar, spices, cornstarch, and water. Stir until smooth.
Soy sauce, low sodium	1 lb	2 cups	2 lb	1 qt	8. Place the mixture on the stove and bring to a boil. Cook for 3-5 minutes.
Brown sugar	13 ½ oz	1 ¾ cups	1 lb 11 oz	3 ½ cups	
Rice wine vinegar	6.4 oz	¾ cup	12.8 oz	1 ½ cups	
Garlic powder	½ oz	2 Tbsp	1 oz	¼ cup	

State-Developed Recipe

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Ginger, ground	0.4 oz	1 ½ Tbsp	0.7 oz	3 Tbsp	
Black pepper	¼ oz	2 tsp	½ oz	4 tsp	
Cornstarch	1.2 oz	¼ cup	2.4 oz	½ cup	
Water	18 oz	2 ¼ cups	2 lb 4 oz	1 qt ½ cups	
					9. Add chopped chicken and noodles to the vegetable mixture. Add sauce and mix until all components are evenly distributed. Critical Control Point: Hold for hot service at 135 °F or higher.
Chow mein noodles	12 ½ oz		1 lb 9 oz		10. Serve a 1 cup spoodle and top with 2 Tbsp chow mein noodles.



CHICKEN LO MEIN **NUTRITION INFORMATION**

For 1 cup (1 cup spoodle) and 2 Tbsp chow mein noodles

NUTRIENTS
Calories **AMOUNT**
397

Total Fat 9 g
Saturated Fat 2 g
Cholesterol 23 mg
Sodium 436 mg
Total Carbohydrate 62 g
Dietary Fiber 8 g
Total Sugars 11 g
Added Sugars included N/A
Protein 21 g

Vitamin A N/A
Vitamin C N/A
Vitamin D N/A
Calcium 72 mg
Iron 4 mg
Potassium N/A

N/A= data not available.

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

*MARKETING GUIDE		
Food as Purchased for	50 Servings	100 Servings
Broccoli florets	4 lb	8 lb
Carrots	2 lb 10 oz	5 lb 4 oz
Green onions	7.7 oz	15.4 oz
Onion	2 lb 2 oz	4 lb 4 oz
Bell pepper	1 lb 6 oz	2 lb 12 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

YIELD/VOLUME	
50 Servings	100 Servings
About 33 lb 12 oz	About 66 lb 11 oz