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SESAME ASIAN NOODLE CHICKEN SALAD USDA

SERVINGS: 50 CALORIES: 338 KCAL

This salad is made up of whole grain noodles, chicken, edamame, carrots, cabbage and onions. It is then drizzled in a ginger soy sauce dressing that has a unique hint of orange!

INGREDIENTS

2 tablespoons Fresh ginger, minced
1½ cups Rice vinegar
1 cup Low-sodium soy sauce
½ cup Orange juice
4 ounces Honey
1½ cups Canola oil
1½ cups Sesame oil or 1½ cups Canola oil
1 teaspoon Garlic powder
2 gallons Water
3.125 pounds Spaghetti noodles, whole-wheat, dry (3 pounds, 2 ounces)
2 quarts Water
2.5 pounds Frozen edamame (2 pounds, 8 ounces)
1.313 pounds Fresh carrots, shredded (1 pound, 5 ounces)
1 pound Fresh red cabbage, shredded
6 ounces Fresh red onion, sliced, thin
3.125 pounds Frozen, cooked diced chicken, thawed, 1/2" pieces (3 pounds, 2 ounces)
1 cup Sesame seeds

INSTRUCTIONS

1. To make dressing, combine ginger, rice vinegar, soy sauce, orange juice, honey, oil, and garlic powder in a blender. Blend for 2 minutes at medium speed. Pour dressing into a container. Cover and refrigerate.
2. Heat water to a rolling boil.
3. Slowly add pasta. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Rinse with cold water or ice water to rapidly cool. Drain well. Cover and refrigerate.
4. Heat water to a rolling boil.
5. Add edamame and boil for 3 minutes. Rinse with cold water. Drain well.
6. Combine edamame, carrots, cabbage, onions, and chicken together in a large steam table pan (12" x 20" x 2½"). Add pasta. Mix well. Pour dressing over mixture and toss well.
For 50 servings, use 2 pans.
7. Sprinkle with sesame seeds. Refrigerate at 41 °F.
8. Portion with 8 fl oz spoodle (1 cup).

RECIPE NOTES

Critical Control Point: Cool to 41 °F or lower within 4 hours.

Critical Control Point: Cool to 70 °F or lower within 2 hours, and 41 °F or lower within 6 hours.

Critical Control Point: Cool to 41 °F or lower within 4 hours. Cover and refrigerate until service.

Critical Control Point: Hold for cold service at 41 °F or lower.

Crediting: 1 cup (8 fl oz spoodle) provides:

Legume as Meat Alternate: 1 ½ oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, 1/8 cup other vegetable, and 1 oz equivalent grains.

Legume as Vegetable: 1 oz equivalent meat, 1/8 cup legume vegetable, 1/8 cup red/orange vegetable, 1/8 cup other vegetable, and 1 oz equivalent grains.

NUTRITION FACTS PER SERVING (1CUP)

Calories: 338 kcal | Fat: 18 g | Saturated fat: 2 g | Cholesterol: 24 mg | Sodium: 338 mg | Carbohydrates: 29 g | Fiber: 5 g | Sugar: 6 g | Protein: 17 g | Calcium: 450 %

The outcome, crediting information, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.

Recipe ID: 6359

