



Asian Salad

USDA Recipe for CACFP

Our Asian Salad includes chicken, rice noodles, and fresh vegetables in a dressing of soy sauce, rice vinegar, and sesame oil.

CACFP CREDITING INFORMATION

¾ cup (6 fl oz spoodle) provides 2 oz equivalent meat, ¼ cup vegetable, and 1 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		2 gal		4 gal	1 Heat water to a boil.
Brown rice noodles	1 lb 10 oz	3 qt 1 cup	3 lb 4 oz	1 gal 2 qt 2 cups	2 Slowly add noodles. Stir constantly until water boils again. Cook about 5 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well.
Frozen baby white corn, thawed	2 lb	1 qt 1 ½ cups 1 Tbsp	4 lb	2 qt 3 cups 2 Tbsp	3 Pour 2 qt 2 cup (about 3 lb 10 oz) noodles into a steam table pan (12" x 20" x 2 ½"). Set aside for step 6. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
*Fresh carrots, shredded	1 lb 4 oz	1 qt ¼ cup 2 Tbsp	2 lb 8 oz	2 qt ¾ cup	4 Combine corn, carrots, onions, cilantro, cucumber, mint, red cabbage, and chicken in a large bowl. Toss well. Set aside for step 6.
*Fresh red onions, sliced	5 oz	⅓ cup	10 oz	⅔ cup	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Fresh cilantro, chopped		¾ cup 2 Tbsp		1 ¾ cup	5 Dressing: Combine soy sauce, sesame oil, vinegar, lime juice, ginger, chili sauce, garlic, and sugar in a medium bowl. Stir well. Set aside for step 7.
*Fresh cucumbers, peeled, chopped	11 oz	1 ¾ cups 3 Tbsp	1 lb 6 oz	3 ¾ cup 2 Tbsp	6 Pour 3 qt (about 3 lb 13 oz) chicken and vegetable mixture over each pan. Toss well.
Fresh mint		⅛ cup		¼ cup	7 Pour 1 cup (about 10 ½ oz) dressing over each pan. Stir well.
*Fresh red cabbage, shredded	2 oz	¾ cup 3 Tbsp	4 oz	1 ¾ cups 2 Tbsp	8 Critical Control Point: Cool to 40 °F or lower within 4 hours.
Frozen chicken breast, boneless, skinless, diced, thawed, cooked	3 lb 2 oz	2 qt 2 ¾ cups	6 lb 4 oz	1 gal 1 qt 1 ½ cups	9 Critical Control Point: Hold at 40 °F or below.
Soy sauce, low-sodium		½ cup 2 Tbsp		1 ¼ cups	10 Portion with 6 fl oz spoodle (¾ cup).
Sesame oil		1 Tbsp		2 Tbsp	
Rice wine vinegar		¼ cup		½ cup	
Fresh lime juice		½ cup		1 cup	
Fresh ginger, sliced	1 oz	2 Tbsp	2 oz	¼ cup	
Sweet chili sauce	3 oz	¼ cup 1 ½ tsp	6 oz	½ cup 1 Tbsp	
Garlic powder		1 tsp		2 tsp	
Sugar		2 tsp		1 Tbsp 1 tsp	



NUTRITION INFORMATION

For ¾ cup (6 fl oz spoodle).

NUTRIENTS	AMOUNT
Calories	255
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	43 mg
Sodium	272 mg
Total Carbohydrate	38 g
Dietary Fiber	3 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	19 g
Vitamin D	3 IU
Calcium	19 mg
Iron	1 mg
Potassium	174 mg

N/A=no data available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	6 oz	12 oz
Carrots	1 lb 9 oz	3 lb 2 oz
Cabbage	3 oz	6 oz
Cucumbers	14 oz	1 lb 12 oz
Cilantro	1 oz	2 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

25 Servings	50 Servings
About 11 lb 8.5 oz About 1 gal 1 qt 3 ⅛ cups/1 steam table pan (12" x 20" x 2 ½")	About 23 lb 1 oz About 2 gal 3 qt 2 ⅛ cups/2 steam table pans (12" x 20" x 2 ½")

