

Corn and Edamame Blend

Corn and Edamame Blend is a delightful recipe filled with corn, carrots and edamame beans seasoned with a hint of sesame oil!

CACFP Home Childcare Crediting Information

Legume as Meat Alternate: ½ cup (½ cup measuring cup or 4 oz spoodle) provides ¼ cup vegetable (⅓ cup additional vegetable, ⅛ cup starchy vegetable), and 0.5 oz equivalent meat alternate.

OR

Legume as Vegetable: ½ cup (½ cup measuring cup or 4 oz spoodle) provides ½ cup vegetable (¼ cup additional vegetable, ⅛ cup legume vegetable, ⅛ cup starchy vegetable).



Preparation Time: 20 minutes

Cooking Time: 10 minutes

Makes: 6 servings

Ingredients

- 1 tsp Sesame oil
- ⅔ cup or 3 oz Fresh onions, chopped
- 2 tsp Garlic, minced
- ⅔ cup or 5 oz Frozen corn, thawed, drained
- 1 cup or 6 oz Frozen edamame, thawed, drained
- 1 ½ cups or 6 oz Fresh carrots, shredded
- ¼ tsp Ground coriander seeds
- 1 tsp Toasted sesame seeds (See Notes Section)
- ¼ tsp Salt
- ¼ cup or ½ oz Fresh cilantro, chopped

Directions

- 1 Heat oil in a medium non-stick saucepan over medium high heat.
- 2 Add onions and garlic. Sauté uncovered for 2 minutes.
- 3 Add corn. Sauté uncovered for 2 minutes stirring frequently.
- 4 Add edamame. Sauté uncovered over high heat for 2 minutes, stirring frequently.
- 5 Add carrots, coriander, sesame seeds, salt, and cilantro.
- 6 Sauté uncovered over high heat for 3 minutes, stirring frequently.
- 7 Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
- 8 Pour corn and edamame mixture into a baking dish (9" x13" x 2").
- 9 Critical Control Point: Hold at 140 °F or higher until served.
- 10 Serve ½ cup (portion with ½ cup measuring cup or 4 oz spoodle).

Notes Section:

If toasted sesame seeds are unavailable, toast sesame seeds in a small stock pot over medium heat for 3 minutes before adding ingredient to step 5.

Source:

CACFP Home Childcare 6-Serving Recipe Project

Nutrients Per Serving: Calories 84, Protein 5 g, Carbohydrates 10 g, Dietary Fiber 2 g, Total Sugars 3 g, Total Fat 3 g, Saturated Fat 1 g, Cholesterol 0 mg, Sodium 119 mg, Vitamin A 252 mcg RAE, Vitamin C 5 mg, Vitamin D 0 mg, Calcium 28 mg, Iron 1 mg, Potassium 87 mg





Corn and Edamame Blend USDA Recipe for CACFP

This recipe consists of corn, edamame, carrots, sesame seeds, cilantro, coriander, and chili flakes.

CACFP CREDITING INFORMATION

½ cup (4 fl oz spoodle) provides

Legume as Meat Alternate: 0.5 oz equivalent meat alternate and ¼ cup vegetable.

OR

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Sesame oil		2 tsp		1 Tbsp 1 tsp	1 Heat oil in a large stock pot.
*Fresh onions chopped	12 oz	2 ⅓ cups	1 lb 8 oz	1 qt ⅔ cup	2 Add onions and garlic. Cook uncovered over high heat for 3–5 minutes.
Fresh garlic		1 Tbsp		2 Tbsp	
Frozen corn: thawed, drained	1 lb 12 oz	1 qt ¾ cup 1 Tbsp 2 ¼ tsp	3 lb 8 oz	2 qt 1 ½ cups 3 Tbsp 1 ½ tsp	3 Add corn. Cook uncovered over high heat for 2–4 minutes.
Frozen edamame: thawed, drained	1 lb 8 oz	1 qt 1 ¼ cups	3 lb	2 qt 2 ½ cups	4 Add edamame. Cook uncovered over high heat for 2–4 minutes
*Fresh carrots, shredded	10 ½ oz	3 cups 3 Tbsp ½ tsp	1 lb 5 oz	1 qt 2 ¼ cups 2 Tbsp 1 tsp	5 Add carrots, coriander, sesame seeds, salt, chili flakes, and cilantro. Cook uncovered over high heat for 3 minutes, stirring frequently.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Ground coriander seeds		½ tsp		1 tsp	
Toasted sesame seeds (see Notes)		1 Tbsp		2 Tbsp	
Salt		1 ½ tsp		1 Tbsp	
Red chili flakes		¼ tsp		½ tsp	
Fresh cilantro		⅔ cup		1 ⅓ cups	<p>6 Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.</p> <p>7 Transfer 3 qt (about 4 lb 7 oz) corn and edamame mixture into a steam table pan (12" x 20" x 2½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p>
					<p>8 Critical Control Point: Hold for hot service at 140 °F or higher.</p>
					<p>9 Portion with 4 fl oz spoodle (½ cup).</p>



NUTRITION INFORMATION

For ½ cup (4 fl oz spoodle).

NUTRIENTS **AMOUNT**

Calories **75**

Total Fat **3 g**

Saturated Fat 0 g

Cholesterol 0 mg

Sodium **149 mg**

Total Carbohydrate **10 g**

Dietary Fiber 2 g

Total Sugars 2 g

Added Sugars included N/A

Protein **4 g**

Vitamin D 0 IU

Calcium 22mg

Iron 1 mg

Potassium 95 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	14 oz 10	1 lb 12 oz
Carrots	½ oz	1 lb 5 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.

If toasted sesame seeds are unavailable, toast sesame seeds in a small stock pot over medium heat for 3 minutes before adding ingredient to step 5.

YIELD/VOLUME

25 Servings	50 Servings
About 4 lb 7 oz About 2 qt 7/8 cup/1 steam table pan (12" x 20" x 2½")	About 8 lb 14 oz About 1 gal 1¾ cups/2 steam table pans (12" x 20" x 2½")





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CACFP Adult Portion Crediting Information

Legume as Meat Alternate:

$\frac{3}{4}$ cup (6 oz spoodle) provides $\frac{1}{2}$ cup vegetable ($\frac{1}{4}$ cup additional vegetable, $\frac{1}{8}$ cup red/orange vegetable, $\frac{1}{8}$ cup starchy vegetable), and 1 oz equivalent meat alternate.

OR

Legume as Vegetable: $\frac{3}{4}$ cup (6 oz spoodle) provides $\frac{3}{4}$ cup vegetable ($\frac{1}{4}$ cup additional vegetable, $\frac{1}{4}$ cup legume vegetable, $\frac{1}{8}$ cup red/orange vegetable, and $\frac{1}{8}$ cup starchy vegetable).

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 25 servings
	Weight	Measure	Weight	Measure	
Sesame Oil		1 Tbsp 1 tsp		2 Tbsp 2 tsp	1 Heat oil in a large stock pot. 2 Add onions and garlic. Sauté uncovered over high heat for 3-5 minutes. 3 Add corn. Sauté uncovered over high heat for 2-4 minutes stirring frequently. 4 Add edamame. Sauté uncovered over high heat for 2-4 minutes, stirring frequently.
*Fresh onions chopped	1 lb	3 $\frac{1}{2}$ cups	2 lb	1 qt 3 cups	
Fresh garlic		2 Tbsp		$\frac{1}{4}$ cup	
Frozen corn, thawed, drained	2 lb	1 qt 1 cup	4 lb	2 qt 2 cups	
Frozen edamame, thawed, drained	2 lb 8 oz	1 qt 3 cups	5 lb	3 qt 2 cups	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Fresh carrots, shredded	2 lb	3 qt	4 lb	1 gal 2 qt	5 Add carrots, coriander, sesame seeds, salt, and cilantro.
					6 Sauté uncovered over high heat for 2-4 minutes, stirring frequently.
Ground coriander seeds		1 tsp		2 tsp	
Toasted sesame seeds (see Notes Section)		2 Tbsp		¼ cup	
Salt		1 ½ tsp		1 Tbsp	
*Fresh cilantro		1 cup	2 oz	2 cups	7 Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
					8 Transfer 1 gal 1 ½ cups (about 6 lb 13 oz) corn and edamame mixture into a steam table pan (12" x 20" x 2 ½").
					9 Critical Control Point: Hold for hot service at 140 °F or higher.
					10 Serve ¾ cup (portion with 6 oz spoodle).

NUTRITION INFORMATION

For ¼ cup (6 oz spoodle)

NUTRIENTS	AMOUNT
Calories	119
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Total Fat	4 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	167 mg
Total Carbohydrate	14 g
Dietary Fiber	3 g
Total Sugars	4 g
Added Sugars included	N/A
Protein	7 g
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Vitamin A	315 mcg RAE
Vitamin C	6 mg
Vitamin D	0 IU
Calcium	40 mg
Iron	1 mg
Potassium	113 mg
N/A=no data available.	

SOURCE:
CACFP Adult Portion Recipe Project

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Fresh onions	1 lb 4 oz	2 lb 8 oz
Fresh carrots	2 lb 3 oz	4 lb 6 oz
Fresh 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.

If toasted sesame seeds are unavailable, toast sesame seeds in a small stock pot over medium heat for 3 minutes before adding ingredient to step 5.

Cooking Process #2: Same Day Service.

YIELD/VOLUME

25 Servings	50 Servings
About 6 lb 13 oz	About 13 lb 10 oz
About 1 gal 1 ½ cups/1 steam table pan (12" x 20" x 2 ½").	About 2 gal 3 cups/2 steam table pans (12" x 20" x 2 ½").