

GR-273594 · Lo Mein Noodles with Vegetables · 0.5 c · 100 servings

Grain: 3/4

Soy

Wheat

Section 1

Spaghetti, Whole Grain, Dry
6 lb

Teriyaki sauce
1/2 gal

Carrots, Fresh, Shredded
1 lb

Mushrooms, white, fresh, raw, slices
1 lb

Snow Peas, Fresh
1 lb

Broccoli Slaw, Fresh , Ready to Eat
1 lb

1. Pre-Preparation Instructions

- Preheat oven to 350° F. Preheat steamer.

2. Preparation Instructions

- Traditional:** Bring water to a boil in a large stock pot; once boiling, add 6 lbs **pasta** and cook 5-7 minutes.

Place **sauce** in oven while pasta is cooking and cook until correct internal temperature is reached. When pasta is cooked, place **carrots**, **mushrooms**, **snow peas**, and **broccoli slaw** in water with pasta, stir about 1 minute, then drain. As soon as water has been strained from pasta and vegetables, remove pan of sauce from the oven.

Combine pasta, vegetables, and sauce in a steam table pan and mix well.

*This is a quick process. The sauce can go into the oven as the pasta is dropped in the water.

The recipe can be split in two pans. Use 1 quart of sauce, 3 lbs uncooked noodles, and 2 lbs vegetables per pan.

Steamer: Place 6 lbs of pasta in a 2 inch full size pan and cover with water. Cook uncovered for 20 minutes or until fork tender. Drain water. Place seasoning liquid and vegetables in a 2 inch steam table pan and cover with a lid. Cook for 10 minutes or until correct internal temperature is reached. Combine pasta, vegetables, and sauce in a steam table pan and mix well.

3. Serving Instructions

- Use a #8 scoop to serve. If using tongs, place a #8 scoop sample in a boat on the line.



Lo Mein Noodles with Vegetables

Nutrition Facts

Servings Per Container 1

Serving Size 0.5 c

Amount Per Serving

Calories **137**

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 132mg **6%**

Total Carbohydrate 29g **10%**

Dietary Fiber 3g **12%**

Sugars 8g

Includes 0g Added Sugars **0%**

Protein 4g **9%**

Vitamin D: 0% DV • Potassium: 0% DV

Calcium: 0% DV • Vitamin A: 0% DV

Iron: 0% DV • Vitamin C: 0% DV

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.