



RECIPE NAME: Asian Veggies

File No:

Grade Group: K-8, 9-12	HACCP Process: <input type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 50	
Portion Size: ½ cup	
Serving Utensil: #8 scoop	
Servings per Pan:	

Recipe Adapted From:

Wenatchee School District



Ingredients	Weight	Measure	Procedure
Cabbage, Raw, Shredded Celery, Raw Carrots, Frozen, Chopped Broccoli, Frozen, Florets Ginger Root, Raw Garlic, Raw Sesame Oil Soy Sauce, Low Sodium	3 oz 6 oz	40 cups 2 ⅛ cups 4 ¾ cups 3 ½ cups 1 Tbsp + 1 tsp 1 Tbsp + 1 tsp	<ol style="list-style-type: none"> Prepare Vegetables: <ul style="list-style-type: none"> Wash and cut cabbage into ½" pieces Wash and cut celery into ¼" pieces Defrost carrots and broccoli Peel about ¼" of fresh ginger, grate enough for recipe Peel and finely chop or grate garlic Heat flat top or tilt skillet to very hot. Pour sesame oil into pan. Add ginger and garlic, stir, and cook for 15 seconds. Add prepared vegetables. Stir fry until tender-crisp and hot, remove from heat. Mix in soy sauce. Transfer to a hotel pan and place on the serving line. Serve immediately. <p>CCP: Hot hold for service at 135° F or above.</p>
Total Yield:		Number of Pans:	
Weight:	Measure (volume):	Pan Size:	

Meal Component Contribution/Nutrition Analysis Based on Portion Size

Specify the grade group in the columns:	Grade Group: K-8, 9-12					Equipment (if not specified in procedures above): DG=Dark Green B/P=Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other
Meat/Meat Alternate						
Vegetable Subgroups	DG	B/P	R/O	S	O	
					½ c.	
Fruits						
Grains						
Calories:	39					
Saturated Fat (g):	0.27 g					
Sodium (mg):	218.88 mg					