



RECIPE NAME: Corn and Edamame Salad

File No:

Grade Group: K-8, 9-12
Number of Portions: 100
Portion Size: ½ cup
Serving Utensil: 4 fl oz spoodle
Servings per Pan: 25

HACCP Process:

- #1 No Cook
- #2 Cook & Serve Same Day
- #3 Includes Cooling Step

Recipe Adapted From:
Child Nutrition
Recipe Box



Ingredients	Weight	Measure	Procedure
Sesame Oil Onions, Raw, Chopped Garlic, Fresh, Minced Corn, Whole Kernel, Frozen, Thawed, Drained Edamame, Frozen, Pre-Shellled, Thawed, Drained Carrots, Raw, Shredded Coriander, Ground Sesame Seeds Salt Red Chili Flakes Cilantro, Fresh, Minced	3 lb 7 lb 6 lb 2 lb 10 oz	2 Tbsp + 2 tsp ¼ cup 2 tsp ¼ cup 2 Tbsp 1 tsp 2 ⅔ cups	<ol style="list-style-type: none"> Heat oil in a large stock pot. Add onions and garlic. Cook uncovered over high heat for 3-5 minutes. Add corn. Cook uncovered over high heat for 2-4 minutes. Add edamame. Cook uncovered over high heat for 2-4 minutes. Add carrots, coriander, sesame seeds, salt, chili flakes, and cilantro. Cook uncovered over high heat for 3 minutes, stirring frequently. Transfer 3 qt corn and edamame mixture into a steam table pan (12" x 20" x 2 ½"). Use 4 pans. <p>CCP: Heat to 135° F or higher.</p> <p>Crediting: ⅓ cup starchy, ⅓ cup legumes, ⅓ cup additional*</p>
Total Yield:	Number of Pans: 4		
Weight: 17 lb 12 oz	Measure (volume):	Pan Size: 12" x 20" x 2 ½"	

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* <u>total</u> : ⅓ cup	DG	B/P	R/O	S	O	
		⅓ c.		⅓ c.		
Fruits						
Grains						
Calories:	76					
Saturated Fat (g):	0.30 g					
Sodium (mg):	150.46 mg					