



RECIPE NAME: Corn and Edamame Salad

File No:

Grade Group: K-8, 9-12
Number of Portions: 50
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		1 Tbsp + 1 tsp	<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 2 pans. <p>CCP: Heat to 135° F or higher.</p> <p>Crediting: ⅛ cup starchy, ⅛ cup legumes, ⅛ cup additional*</p>
Onions, Raw, Chopped	1 lb 8 oz	2 Tbsp	
Garlic, Fresh, Minced			
Corn, Whole Kernel, Frozen, Thawed, Drained	3 lb 8 oz		
Edamame, Frozen, Pre-Shellled, Thawed, Drained	3 lb		
Carrots, Raw, Shredded	1 lb 5 oz		
Coriander, Ground		1 tsp	
Sesame Seeds		2 Tbsp	
Salt		1 Tbsp	
Red Chili Flakes		½ tsp	
Cilantro, Fresh, Minced		1 ⅓ cups	
Total Yield:		Number of Pans: 2	
Weight: 8 lb 14 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):
Meat/MeatAlternate						
Vegetable Subgroups *total: ⅓ cup	DG	B/P	R/O	S	O	
		⅛ c.		⅛ c.		
Fruits						
Grains						
Calories:	77					
Saturated Fat (g):	0.30 g					
Sodium (mg):	151.63 mg					

DG=Dark Green B/P=Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other