

Nutty Noodles

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Noodles, spaghetti, whole grain, dry	6 lbs. 4 oz.		12 lbs. 8 oz.	
Mixed vegetables, frozen <i>Seasonal, fresh vegetables can be substituted based on availability.</i>	10 lbs. 14 oz.		21 lbs. 12 oz.	
Nut or seed butter, smooth	7 lbs.		14 lbs.	
Ginger, minced OR Ginger, granulated		1½ cups OR 3 Tbsp.		3 cups OR 3/8 cup
Garlic, minced OR Garlic, granulated		1/3 cup OR 1 ½ Tbsp.		2/3 cups OR 3 Tbsp.
Rice wine vinegar		2 quarts		1 gallon
Sugar		1 pint		1 quart
Soy sauce, reduced sodium		1 pint + ½ cup		1 quart + 1 cup
Water		1 quart + ¼ cup		½ gallon + ½ cup
Oil, olive or vegetable		1 cup		1 pint
Pepper, red or cayenne		½ cup		1 cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Prepare spaghetti noodles, drain and cool. Set aside.
2. In blender, food processor or VCM, combine the peanut butter, vinegar, sugar, soy sauce, water, half of the oil, pepper, ginger and garlic until smooth.
3. Heat remaining oil in tilt skillet over medium-high heat.
4. Add vegetables and cook until tender.
5. Add the cooked noodles and peanut sauce to vegetables. Toss gently.
6. Transfer to serving pans. Can be served warm or chilled.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above or 40°F or below.



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Nutty Noodles Continued

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Serving Information

Portion 1 ½ cups of noodles for each serving.

Each serving provides 2 meat/meat alternate, 2 ounce equivalent grains and ½ cup other vegetable.

OR

Portion ¾ cup of noodles onto each tray. Each serving provides 1 meat/meat alternate, 1 ounce equivalent grains and ¼ cup vegetable serving.

Nutrition Information per 1 ½ cup serving *From USDA Nutrient Database

Calories: 728 Total Fat: 42g Saturated Fat: 8g Monounsaturated Fat: 20g Polyunsaturated Fat: 11g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 69g Fiber: 14g Total Sugar: 15g Protein: 29g Sodium: 533mg Vitamin A: 501µg Vitamin C: 5mg Calcium: 86mg Iron: 4mg Folate: 84µg

