

WGR Noodles with Soy Sauce & Sesame Oil

Component: Grain

Recipe Category:

Recipe #KSU developed

	50 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Water		3 gal			<p>1. Bring water and salt to a boil in a large pot. Add pasta and cook until just tender, about 10 minutes. Drain and set aside.</p> <p>2. While noodles are cooking, whisk together the soy sauce, canola/vegetable oil, and sesame oil.</p> <p>3. Add soy mixture to noodles.</p> <p>4. Toss to combine. Serve hot.</p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.</i></p>
Salt		1 tsp			
WGR spaghetti noodles	4 lb				
Tamari, low sodium, or soy sauce, low sodium		¼ cup			
Canola or vegetable oil		¼ cup			
Sesame oil		3 Tbsp			

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Recipe Category side dish

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Notes:

Nutrient information in progress.

Serving: ½ cup is equal to one WGR bread/grain serving

1-2 years: 1/4 cup

3-5 years: 1/4 cup

6-18 years: 1/2 cup

Nutrients Per Serving

Calories

Protein

Carbohydrate

Total Fat

Saturated Fat

Cholesterol

Vitamin A

Vitamin C

Iron

Calcium

Sodium

Dietary Fiber