



# sesame turkey noodle salad

portion size:  
12 oz. bowl

Ingredients	50 Servings		100 Servings		Directions
	Measure	Weight	Measure	Weight	
Whole grain spaghetti noodles, dry, USDA		4 lbs. 12 oz.		9 lbs. 8 oz.	<ol style="list-style-type: none"> <li>Boil 10 gallons water. Add noodles. Stir slowly until water boils again. Cook 8-10 minutes for al dente noodles. Drain and rinse with cool water.</li> <li>Slice turkey into small strips.</li> <li>Mix broccoli, cabbage, carrots, onions, sesame seeds and turkey with noodles.</li> <li>Mix salad dressing and toss with noodles and vegetables. Chill and hold at 40°F.</li> <li>Portion into 12 oz. bowls or pagoda pails.</li> </ol>
NATURAL CHOICE® Tender Browned Turkey Breast, #8469-02		8 lbs. 8 oz.		17 lbs.	
Broccoli florets, cut or chopped		1 lb. 12 oz.		3 lbs. 8 oz.	
Red cabbage, shredded		1 lb. 2 oz.		2 lbs. 4 oz.	
Carrots, shredded		1 lb. 5 oz.		2 lbs. 10 oz.	
Green onions, sliced		1 lb. 14 oz.		3 lbs. 12 oz.	
Sesame seeds, toasted		14 oz.		1 lb. 12 oz.	
Salad dressing					
Garlic, granulated		3 tbsp.		¼ c. 2 tbsp.	
Ginger, ground		1 tbsp. 2 tsp.		3 tbsp.	
Mustard, dry powder		1 tbsp. 2 tsp.		3 tbsp.	
Sugar, granulated		½ c. 2 tbsp.		1 ¼ c.	
Soy sauce, low sodium		¼ c. 1 tbsp.		½ c. 2 tbsp.	
Vinegar, white wine		1 c. 2 oz.		2 c. 4 oz.	
Oil, salad		1 c. 2 oz.		2 c. 4 oz.	
Sesame oil		1 tbsp. 2 tsp.		3 tbsp.	

- 1 serving provides 2 oz. meat/meat alternate, 1 serving bread grain and ½ cup of vegetables.

For preparation by a food preparation establishment only, according to the food code or equivalent.

Nutrients Per Serving					
Calories	299 cal	Trans Fat	0 g	Carbohydrates	28.10 g
Fat	11.82 g	Cholesterol	35.26 mg	Dietary Fiber	5.75 g
Saturated Fat	1.52 g	Sodium	619.26 mg	Protein	24.46 g