



Asian-Inspired Chop Salad with Ginger Sunbutter Dressing

Recipe Description: This crunchy, tasty Asian-inspired salad features Texas grown hydroponic lettuce, fresh vegetables, edamame, whole grain wonton strips, and a creamy ginger Sunbutter dressing.

Recipe Project Name: Fiscal Year 2021 Cohort B Team Nutrition Training Grant for School Meal Recipe Development
Texas Department of Agriculture

Preparation Time: 1-2 hours

Cook Time: NA

NSLP/SBP crediting information: One salad serving, 2 Tbsp dressing, and ½ oz wonton strips provides:

Crediting Edamame as Meat/Meat Alternate: ½ cup dark green vegetable (lettuce mix), ¼ cup red/orange vegetable (red bell pepper and carrots), ¼ cup other vegetable (cucumbers and cabbage), and 1 oz equivalent meat alternate.

OR

Crediting Edamame as Vegetable: ½ cup dark green vegetable (lettuce mix), ¼ cup red/orange vegetable (red bell pepper and carrots), ¼ cup other vegetable (cucumbers and cabbage), and ¼ cup beans/peas/legumes.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Canola oil	11 oz	1 ½ cups	1 lb 7.7 oz	3 cups	1. Working in batches, blend together all dressing ingredients (canola oil through garlic) in a blender until smooth. TIP: use the same liquid measuring cup used for the canola oil to measure out the honey. The residual oil will help the honey slide out easily.
Honey	8 oz	¾ cup	1 lb	1 ½ cups	
Rice vinegar, unseasoned	6 oz	¾ cups	11 oz	1 ½ cups	2. Cover and refrigerate until ready to use.
Lime Juice, fresh	6 oz	¾ cup	11 oz	1 ½ cups	
SunButter, no sugar added	10.5 oz	1 ⅙ cups	1 lb 5 oz	2 ⅓ cups	
Soy sauce, low sodium	3.3 oz	⅜ cup	6.6 oz	¾ cup	
Ginger root, fresh finely chopped	2.1 oz	⅜ cup	4.2 oz	¾ cup	
Sriracha sauce	3 oz	¼ cup	4.7 oz	½ cup	
Garlic, fresh minced ~ whole bulb	1.2 oz	¼ cup	2.8 oz	½ cup	
Lettuce, hydroponic, Texas/local, chopped	4 lb	3 gal 2 cups	8 lb	6 gal 1 qt	3. Combine the lettuce and cilantro to make the salad mix. Cover and refrigerate until ready to serve.
Cilantro, fresh coarsely chopped	12 oz	1 qt	1 lb 10 oz	2 qt	
Cucumber, fresh, peeled thinly sliced	1 lb 10.5 oz	1 qt 3 cups	3 lb 5 oz	3 qt 2 cups	4. Prepare the remaining vegetables. Cover and refrigerate until ready to serve.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Carrots, fresh, peeled grated	1 lb 11 oz	1 qt 3 cups	3 lb 6 oz	3 qt 2 cups	
Red bell pepper, julienne	1 lb 9.5 oz	1 qt 3 cups	3 lb 3 oz	3 qt 2 cups	
Cabbage, red, shredded	1 lb 6 oz	1 qt 3 cups	2 lb 12 oz	3 qt 2 cups	
Edamame, frozen, prepared, defrosted	4 lb 12 oz	3 qt 2 cups	9 lb 8 oz	1 gal 3 qt	5. Defrost edamame under refrigeration prior to use.
Scallions, sliced on a bias 1/8 in	5.5 oz	3 ½ cups	11.8 oz	1 qt 3 cups	6. Portion the salad into individual serving containers/bowls in the following order:
Wonton strips, whole grain	1 lb 9 oz	3 qt ½ cup	3 lb 2 oz	1 gal 2 qt 1 c	1 Salad serving: 1 cup lettuce mix 2 Tbsp cucumber (No. 30 scoop) 2 Tbsp carrots (No. 30 scoop) 2 Tbsp red bell pepper (No. 30 scoop) ¼ cup cabbage (No. 16 scoop) ¼ cup edamame (No. 16 scoop) Scallions and sunflower seeds as garnish
Sunflower seeds, Toasted (optional garnish)	5.4 oz	1 cup	10 oz	2 cups	7. Serve salad with 2 Tbsp salad dressing and ½ oz wonton strips portioned into a 4 oz deli cup.



NUTRITION INFORMATION

8 oz serving

NUTRIENTS	AMOUNT
Calories	270
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Total Fat	18 g
Saturated Fat	2 g
Cholesterol	0 mg
Sodium	210 mg
Total Carbohydrate	23 g
Dietary Fiber	5 g
Total Sugars	8 g
Added Sugars included	4 g
Protein	9 g
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Vitamin D	0 mcg
Calcium	61 mg
Iron	3 mg
Potassium	492 mg

N/A=data not available.

SOURCE:

FY 2021 Cohort B Team Nutrition Training Grant

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Lettuce, hydroponic	6 lb	12 lb
Cabbage, red, shredded	1 lb 3 oz	2 lb 12 oz
Scallions, sliced	1.25 lb	2.5 lb
Cilantro, chopped	1 lb	2 lb
Cucumber	2.5 lb	4 lb
Carrot, fresh, grated	2 lb	4 lb
Bell pepper, red	2 lb	4 lb

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

YIELD/VOLUME

50 Servings	100 Servings
25 lbs. (8 oz per serving; includes lettuce mix, vegetables, dressing, and wontons)	50 lbs. (8 oz per serving; includes lettuce mix, vegetables, dressing, and wontons)

