

Asian Cabbage Stir Fry - CACFP

GENERAL INFORMATION

Recipe # 1673594	Category Vegetables 	Source Local
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INGREDIENTS

Name	Quantity	+	Quantity 2
Cabbage, raw	15 ⅜ oz. shredded		
Peppers, sweet, green, raw	1 pt., 2 tbsp., 1 ¾ tsp. sliced		
Onions, raw	1 ¾ c., ¾ tsp. sliced		
Garlic, raw	1 tbsp.		
Ginger root, raw	½ tsp.		
Oil, sesame, salad or cooking	1 tbsp.		
Sambal Oelek	1 ½ tsp.		
Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	2 ¼ tsp.		
Sauce, teriyaki, ready-to-serve	2 ¼ tsp.		
Seeds, sesame seeds, whole, dried	¾ tsp.		

PREPARATION INSTRUCTIONS

HACCP Process: #2 - Same Day Service

1. Wash all produce. Cut cabbage into large ½" strips and julienne peppers and onions. Mince garlic and ginger.
2. In a braising pan on medium heat, add sesame oil and heat up. Add peppers and onions. Saute for 2 minutes until vegetables start to get tender.
3. Add cabbage, ginger, and garlic and cook for 7-10 minutes.
4. Add chili sauce, soy sauce, and teriyaki sauce. Simmer on low heat for 5 minutes or until the internal temperature reaches 135° F. Hold hot for service

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

Vegetables can be steamed from fresh, frozen or canned product. Wash, peel and cut up product into desired size pieces, if needed.

Place product in a clean perforated pan.

Vegetables can be steamed in an oven, steam kettle or steamer. To steam in an oven, place perforated pan in a 4" deep pan that contains at least 2 cups of water. Cover tightly with foil. To steam in a steamer, follow instructions for your particulate steamer. Do not add water to vegetables. To steam in a steam jacketed kettle, follow manufacturer instructions.

CCP: Heat to 135° F or higher for at least 15 seconds

Remove product from steamer, kettle or oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Product should be served immediately. Ensure that hot food is held at a temperature above 135° F.

CORRECTIVE ACTION HOT FOOD All cooked food items being held for service that drop below 135 degrees must be removed from service until such time as they are reheated to 135 degrees. Any food not eaten after reheating must be discarded.



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Serving Size	Yield
0.5 Cup	6

Nutrition Facts

Serving Size 0.5 Cup (147 gm)

Amount Per Serving
Calories 64.678

% Daily Value*

Total Fat 2.534* gm 3.898 %

Saturated Fat 0.394* gm 1.97 %

Trans Fat 0.000* gm

Cholesterol 0.000* mg

Sodium 150.903 mg 6.288 %

Total 9.912* gm 3.304 %

Carbohydrate

Dietary Fiber 3.007* gm 12.026 %

Total Sugars 4.906* gm

Includes N/A* of Added Sugars

Protein 1.997 gm 3.995 %

Vitamin A 194.466* iu 3.889 %

Vitamin C 56.006* mg 93.343 %

Vitamin D 0.000* mcg

Calcium 46.483* mg 4.648 %

Iron 0.642* mg 3.568 %

Potassium 296.896 mg 6.317 %

Saturated Fat % of Calories 5.481 %

*** Indicates missing Nutrient Information.**

^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

Meal Components

Component	Measurement
Other Vegetables	0.5 cups

CCP: The quality of vegetables deteriorates quickly after cooking. Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Record time and internal temperature of completed recipe on daily log.

MY SCHOOL MENUS

IN USE AS A SUB RECIPE

MENUS USING THIS RECIPE

DATES

Last Updated
02-06-2025

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09-11-2024