

# Asian Corn Salad - CACFP



## GENERAL INFORMATION

Recipe #	Category	Source
1673616	Vegetables	Local

## INGREDIENTS

Name	Quantity	+	Quantity 2
Peas, green, frozen, cooked, boiled, drained, without salt	1/3 c., 2 tbsp., 1 1/8 tsp.		
Corn, sweet, yellow, canned, whole kernel, drained solids	3/8 #10 can, drained		
Onions, Red, Diced, 3/8", Fresh, 2/5#, Cross Valley Farms, 536914	3 tbsp., 2 5/8 tsp. diced		
Peppers, sweet, red, raw	3 tbsp., 2 5/8 tsp. chopped		
Vinegar, Rice, 4/1 gal, 33.68#, Kikkoman, 02020	2 tbsp., 2 3/4 tsp.		
Sugars, granulated	3/4 tsp.		
Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	1 tbsp.		
Sambal Oelek	2 1/4 tsp.		
Vegetable oil, palm kernel	1/4 c., 2 1/2 tsp.		
Oil, sesame, salad or cooking	2 1/4 tsp.		
Onions, spring or scallions (includes tops and bulb), raw	1 tbsp., 2 7/8 tsp. chopped		
Coriander (cilantro) leaves, raw	3 tbsp., 2 5/8 tsp.		

## PREPARATION INSTRUCTIONS

HACCP Process: #2 - Same Day Service

- Place peas, corn, onions, and peppers in a hotel pan or a 12 x 20 inch pan and steam for 7 minutes or until internal temperature reaches 165° F.
- In a blender or food processor, place vinegar, sugar, soy sauce, and sambal and blend until well mixed.
- If using a food processor or hand blender, stream in oils slowly until mixture is smooth and emulsified. If making by hand, use a whisk.
- Pour vinaigrette over vegetables and add sliced green onions and cilantro. 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.



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Serving Size	Yield
0.5 Cup	6

## Nutrition Facts

Serving Size 0.5 Cup (164 gm)

Amount Per Serving	
Calories	203.462
% Daily Value*	
Total Fat	13.969* gm 21.49 %
Saturated Fat	9.401* gm 47.006 %
Trans Fat	0.000* gm
Cholesterol	0.000* mg
Sodium	310.255* mg 12.927 %
Total	19.880* gm 6.627 %
Carbohydrate	
Dietary Fiber	3.101* gm 12.406 %
Total Sugars	6.870* gm
Includes 0.000* of Added Sugars	
Protein	3.576* gm 7.151 %
Vitamin A	570.176* iu 11.404 %
Vitamin C	11.448* mg 19.079 %
Vitamin D	0.000* mcg
Calcium	9.024* mg 0.902 %
Iron	0.575* mg 3.193 %
Potassium	264.296 mg 5.623 %
Saturated Fat % of Calories	41.586%

\* 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
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Asian Corn Salad - CACFP - Recipe Health-e Pro Menu Planning

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.

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.

Starchy0.5 cups

Vendors

Kikkoman

US Foods

MY SCHOOL MENUS

IN USE AS A SUB RECIPE

MENUS USING THIS RECIPE

DATES	
Last Updated	Created
01-22-2025	09-11-2024

https://menuplan.healthepro.com/organizations/2384/recipes/1673616?scale=6

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