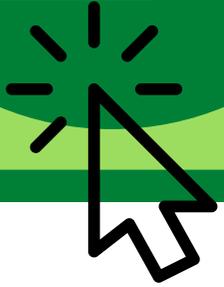




JERSEY TASTES! RECIPES

Ginger-Scallion Noodle Bowl

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INGREDIENTS:

FAMILY-SIZE

SERVES: 4

PORTION SIZE: 1 EACH

- 1 pound Cooked Tofu, Chicken or Beef, chopped
- 8 ounces Whole Wheat Pasta
- 1 (5") piece or 1/3 cup Ginger, peeled, finely chopped or 1 teaspoon ground
- 4 Garlic Cloves, finely chopped or 1 tablespoon Minced
- 8 ounces fresh or frozen Spinach, thawed & chopped
- 1 bunch Scallions, thinly sliced
- 1/2 cup Vegetable Oil
- 2 tablespoons Low-Sodium Soy Sauce
- 1 tablespoon Rice Vinegar, unseasoned
- 1 teaspoon Sesame Oil
- 1 teaspoon Black Pepper
- 1/2 teaspoon Sugar or Honey
- * Optional: Sesame Seeds, Chili Sauce

There is a difference between a scallion and a green onion. Green onions can produce a bulb, whereas scallions cannot. However, the taste & nutrition are the same.

SCHOOL FOOD SERVICE

PORTIONS: 20

PORTION SIZE: 1 EACH

- 5.5 pounds Cooked Tofu or 3.5 pounds Chicken, chopped
- 2.5 pounds Whole Wheat Pasta
- 1.5 cups Ginger, peeled, chopped or 1.5 tablespoons ground
- 1/4 cup Minced Garlic
- 3 pounds fresh or 4 pounds frozen Spinach, thawed & chopped
- 5 bunches Scallions, thinly sliced
- 2 cups Vegetable Oil
- 1/2 cup Low-Sodium Soy Sauce
- 1/4 cup Rice Vinegar, unseasoned
- 1.5 tablespoons Sesame Oil
- 1.5 tablespoons Black Pepper
- 2 teaspoons Sugar or Honey
- * Optional: Sesame Seeds, Chili Sauce

**Portion Size: 1 serving = 2 oz. Meat Alt.; 2 oz. Grains;
1/4 c Veg/Dk. Green; 1/4 cup Veg/Other**

DIRECTIONS:

- 1** Bake tofu or meat according to package directions. Cook pasta according to package directions; drain. Keep both items warm.
- 2** Toss ginger, garlic, spinach, & 2/3 of the scallions in a bowl.
- 3** Heat vegetable oil in a pan until hot & shimmering, about 2 minutes. Pour hot oil over spinach-scallion mixture. The scallions will sizzle, turn bright green & wilt. Let sit 5 minutes.
- 4** Mix soy sauce, vinegar, sesame oil, pepper, sugar or honey & remaining scallions into oil mixture. Keep hot over low heat.
- 5** Portion 1 cup of noodles per serving. Add 3-4 ounces of cooked tofu or meat. Ladle approximately 1/2 cup of hot spinach-scallion mixture over each portion of pasta. Serve with optional sesame seeds & chili sauce

RECIPES MADE IN COLLABORATION WITH:

