



Corn and Edamame Blend

Corn and Edamame Blend is a delightful recipe filled with corn, carrots and edamame beans seasoned with a hint of sesame oil!

CACFP Adult Portion Crediting Information

Legume as Meat Alternate:

$\frac{3}{4}$ cup (6 oz spoodle) provides $\frac{1}{2}$ cup vegetable ($\frac{1}{4}$ cup additional vegetable, $\frac{1}{8}$ cup red/orange vegetable, $\frac{1}{8}$ cup starchy vegetable), and 1 oz equivalent meat alternate.

OR

Legume as Vegetable: $\frac{3}{4}$ cup (6 oz spoodle) provides $\frac{3}{4}$ cup vegetable ($\frac{1}{4}$ cup additional vegetable, $\frac{1}{4}$ cup legume vegetable, $\frac{1}{8}$ cup red/orange vegetable, and $\frac{1}{8}$ cup starchy vegetable).

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 25 servings
	Weight	Measure	Weight	Measure	
Sesame Oil		1 Tbsp 1 tsp		2 Tbsp 2 tsp	1 Heat oil in a large stock pot. 2 Add onions and garlic. Sauté uncovered over high heat for 3-5 minutes. 3 Add corn. Sauté uncovered over high heat for 2-4 minutes stirring frequently. 4 Add edamame. Sauté uncovered over high heat for 2-4 minutes, stirring frequently.
*Fresh onions chopped	1 lb	3 $\frac{1}{2}$ cups	2 lb	1 qt 3 cups	
Fresh garlic		2 Tbsp		$\frac{1}{4}$ cup	
Frozen corn, thawed, drained	2 lb	1 qt 1 cup	4 lb	2 qt 2 cups	
Frozen edamame, thawed, drained	2 lb 8 oz	1 qt 3 cups	5 lb	3 qt 2 cups	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Fresh carrots, shredded	2 lb	3 qt	4 lb	1 gal 2 qt	5 Add carrots, coriander, sesame seeds, salt, and cilantro.
					6 Sauté uncovered over high heat for 2-4 minutes, stirring frequently.
Ground coriander seeds		1 tsp		2 tsp	
Toasted sesame seeds (see Notes Section)		2 Tbsp		¼ cup	
Salt		1 ½ tsp		1 Tbsp	
*Fresh cilantro		1 cup	2 oz	2 cups	7 Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
					8 Transfer 1 gal 1 ½ cups (about 6 lb 13 oz) corn and edamame mixture into a steam table pan (12" x 20" x 2 ½").
					9 Critical Control Point: Hold for hot service at 140 °F or higher.
					10 Serve ¾ cup (portion with 6 oz spoodle).

NUTRITION INFORMATION

For ¼ cup (6 oz spoodle)

NUTRIENTS	AMOUNT
Calories	119
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Total Fat	4 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	167 mg
Total Carbohydrate	14 g
Dietary Fiber	3 g
Total Sugars	4 g
Added Sugars included	N/A
Protein	7 g
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Vitamin A	315 mcg RAE
Vitamin C	6 mg
Vitamin D	0 IU
Calcium	40 mg
Iron	1 mg
Potassium	113 mg
N/A=no data available.	

SOURCE:

CACFP Adult Portion Recipe Project

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Fresh onions	1 lb 4 oz	2 lb 8 oz
Fresh carrots	2 lb 3 oz	4 lb 6 oz
Fresh cilantro	1 oz	2 oz

NOTES

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

If toasted sesame seeds are unavailable, toast sesame seeds in a small stock pot over medium heat for 3 minutes before adding ingredient to step 5.

Cooking Process #2: Same Day Service.

YIELD/VOLUME

25 Servings	50 Servings
About 6 lb 13 oz	About 13 lb 10 oz
About 1 gal 1 ½ cups/1 steam table pan (12" x 20" x 2 ½").	About 2 gal 3 cups/2 steam table pans (12" x 20" x 2 ½").