

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 Home Childcare Crediting Information

Legume as Meat Alternate: ½ cup (½ cup measuring cup or 4 oz spoodle) provides ¼ cup vegetable (⅓ cup additional vegetable, ⅛ cup starchy vegetable), and 0.5 oz equivalent meat alternate.

OR

Legume as Vegetable: ½ cup (½ cup measuring cup or 4 oz spoodle) provides ½ cup vegetable (¼ cup additional vegetable, ⅛ cup legume vegetable, ⅛ cup starchy vegetable).



Preparation Time: 20 minutes

Cooking Time: 10 minutes

Makes: 6 servings

Ingredients

- 1 tsp Sesame oil
- ⅔ cup or 3 oz Fresh onions, chopped
- 2 tsp Garlic, minced
- ⅔ cup or 5 oz Frozen corn, thawed, drained
- 1 cup or 6 oz Frozen edamame, thawed, drained
- 1 ½ cups or 6 oz Fresh carrots, shredded
- ¼ tsp Ground coriander seeds
- 1 tsp Toasted sesame seeds (See Notes Section)
- ¼ tsp Salt
- ¼ cup or ½ oz Fresh cilantro, chopped

Directions

- 1 Heat oil in a medium non-stick saucepan over medium high heat.
- 2 Add onions and garlic. Sauté uncovered for 2 minutes.
- 3 Add corn. Sauté uncovered for 2 minutes stirring frequently.
- 4 Add edamame. Sauté uncovered over high heat for 2 minutes, stirring frequently.
- 5 Add carrots, coriander, sesame seeds, salt, and cilantro.
- 6 Sauté uncovered over high heat for 3 minutes, stirring frequently.
- 7 **Critical Control Point:** Heat to 140 °F or higher for at least 15 seconds.
- 8 Pour corn and edamame mixture into a baking dish (9" x13" x 2").
- 9 **Critical Control Point:** Hold at 140 °F or higher until served.
- 10 Serve ½ cup (portion with ½ cup measuring cup or 4 oz spoodle).

Notes Section:

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.

Source:

CACFP Home Childcare 6-Serving Recipe Project

Nutrients Per Serving: Calories 84, Protein 5 g, Carbohydrates 10 g, Dietary Fiber 2 g, Total Sugars 3 g, Total Fat 3 g, Saturated Fat 1 g, Cholesterol 0 mg, Sodium 119 mg, Vitamin A 252 mcg RAE, Vitamin C 5 mg, Vitamin D 0 mg, Calcium 28 mg, Iron 1 mg, Potassium 87 mg

