

Pork Lo Mein

Component: Meat

Recipe Category Main dish

Recipe # KSU Developed

Ingredients	50 serving		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Reduced sodium soy sauce		3/8 cup			<p>1. Whisk soy sauce, broth, vinegar, cornstarch, sugar, and sesame oil together in a small bowl.</p> <p>2. Heat canola oil in a large skillet over medium heat; cook onion in the hot oil until onion is softened, about 3 minutes. Add cooked pork, mushrooms, garlic, and ginger; cook until pork is heated.</p> <p>3. Pour soy sauce mixture over pork mixture; cook and stir until sauce thickens, about 1 minute.</p> <p>CCP: 165 degrees F for 15 above seconds.</p> <p>Remove skillet from heat.</p> <p>4. Serve with prepared WGR spaghetti noodles. Serve together or separately.</p>
Low sodium broth		3/8 cup			
Vinegar		3 Tbsp			
Corn Starch		1 Tbsp 1 ½ tsp			
Sugar		1 ½ tsp			
Sesame oil		1 ½ tsp			
Canola oil		1 Tbsp 1 ½ tsp			
Onion, chopped		¾ cup			
Pork loin roast, cooked, diced OR Pork roast from recipe		6 lb 4 oz OR 50 servings			
Fresh mushrooms, sliced		4 ½ cups			
Garlic (adjust if needed)		3 cloves			
Ginger, fresh, grated (or powdered)		3/8 tsp			

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Notes:

Nutrient Information from Food Processor

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings

Serving: 2 oz meat

1-2 years: 1 oz

3-5 years: 1 ½ oz

6-18 years: 2 oz

Yield:

50 Servings:

100 Servings:

Volume:

50 Servings:

100 Servings:

Nutrients Per Serving

Calories	129.87 kcal	Saturated Fat	1.95 g	Iron	0.66 mg
Protein	17.07 g	Cholesterol	48.19 g	Calcium	14.62 mg
Carbohydrate	0.97 g	Vitamin A	1.14 mcg RAE	Sodium	102.41 mg
Total Fat	5.92 g	Vitamin C	0.46 mg	Dietary Fiber	0.08 g