CHICKEN LO MEIN (advanced)

Featuring **Twin Marquis®** Whole Wheat Yakisoba Noodles, **MINH®** Chicken Egg Roll, **MINH®** Less Sodium Szechwan Sauce, and **MINH®** Less Sodium Teriyaki Sauce

	50 SERVINGS 1 1/4 cups per serving	
INGREDIENTS	**WEIGHT***	**MEASURE**
66931 Twin Marquis® Whole Wheat Yakisoba Noodles	7 lbs. 13oz.	1.56 bags
69461 MINH® Chicken Egg Roll	9 lbs. 6 oz.	50 each
69145 MINH® Less Sodium Szechwan Sauce	2 lbs. 13 oz.	1 qt + 1/8 cup
69144 MINH® Less Sodium Teriyaki Sauce	2 lbs. 10 oz.	1 qt + 1/8 cup
Breaded Popcorn Chicken (5 pc = 1 M/MA, 1/2 grain), prepared	6 lbs. 12 oz.	250 pieces
Water, room temp	2 lbs. 5 oz.	1 qt + 1/2 cup
Carrots, shredded	2 lbs.	2.5 qt + 1/2 cup
Broccoli Florets	3 lbs. 12 oz.	6 3/4 quarts
Celery, 1/4" sliced	1 lb. 6 oz.	1 qt + 1/2 cup
Red Bell Peppers, sliced thin	3 lbs.	2 1/4 cups
Onions, sliced thin	1 lb. 7 oz.	1 qt + 1/2 cup
Garlic, minced	0.12 oz.	1/4 cup + 1/2 tbsp.
Ginger, minced	0.14 oz.	1/4 cup + 1/2 tbsp.

DIRECTIONS

1. **Thaw Twin Marquis® Whole Wheat Yakisoba Noodles** for 48 hours in refrigerator. Thaw **MINH® Less Sodium Szechwan Sauce** and **MINH® Less Sodium Teriyaki Sauce** for 24 hours in refrigerator.
2. Preheat oven to 350°F.
3. Coat the bottom and sides of a 4" hotel pan with cooking oil spray.
4. Place thawed **Twin Marquis® Whole Wheat Yakisoba Noodles** into the pan. Top with **MINH® Less Sodium Szechwan Sauce, MINH® Less Sodium Teriyaki Sauce**, and water. Stir to combine. Cover with foil and bake for 20 minutes.
5. Bake popcorn chicken according to package instruction. Hold hot for service.
6. Bake **MINH® Chicken Egg Rolls** according to package instructions. Hold hot for service.
7. Remove pan from oven, stir in vegetables, garlic, and ginger. Cover with foil and bake an additional 45 minutes or until temperature reaches 165°F.
8. Top each Chicken Lo Mein serving with 5 pieces of chicken and an egg roll on the side.

Need a basic recipe →

CN CREDITING

M/MA	**2 oz.**
Eq Grain	**3 1/2 oz.**
Vegetables (Dark Green)	**1/2 cup**
Vegetables (Red/Orange)	**3/8 cup**
Vegetables (Other)	**3/8 cup**

KEY NUTRITIONALS

Calories	**540**
Total Fat	**14 g**
Saturated Fat	**3 g**
Sodium	**1110 mg**

* Conversions from volume to weight quantities for the vegetables are based on FOOD BUYING GUIDE FOR CHILD NUTRITION PROGRAMS and may vary depending on specific form of vegetables used.

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