



Noodles With Peanut Butter Sauce

Peanut butter sauce, also called satay sauce, is commonly served in China, Indonesia, Malaysia, Thailand, Vietnam, and Africa to add flavor to grilled meats and noodles.

CACFP CREDITING INFORMATION

$\frac{3}{4}$ cup (6 oz ladle) provides 1½ oz equivalent meat/meat alternate, $\frac{1}{4}$ cup vegetable, and $\frac{1}{2}$ oz equivalent grains.

SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water	32 fl oz	1 qt	64 fl oz	2 qt	1 Heat water to a rolling boil.
Spaghetti noodles, whole grain-rich, uncooked	12½ oz		1 lb 9 oz		2 Break spaghetti noodles in half. Slowly add noodles to boiling water. Stir constantly until water returns to a boil. Cook about 8 minutes or until al dente. Stir occasionally. Do not overcook. Drain well.
Nonstick cooking spray		1 spray		2 sprays	3 Coat two extra-large skillet, a flat top, or a griddle with nonstick cooking spray. If using skillet: For 25 servings, use 2 extra-large skillet. For 50 servings, use 4 extra-large skillet.
Chicken breast, boneless, skinless, fresh or frozen, raw, ½" diced	2 lb 13½ oz		5 lb 11 oz		4 Over medium–high heat, brown all sides of diced chicken, 10–15 minutes.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Broccoli, frozen, cut	2 lb 10 oz	3 qt ½ cup	5 lb 4 oz	1 gal 2 qt 1 cup	<p>5 Add thawed and drained broccoli to the skillet and cook for 15 minutes, or until internal temperature of diced chicken reaches 165 °F and broccoli is tender, but not mushy.</p> <p>Note: Large broccoli pieces may be a choking hazard. For younger children, chop broccoli into smaller pieces.</p>
Peanut butter, smooth	6¼ oz	¾ cup	12½ oz	1½ cup	
Water		¾ cup		1½ cup	<p>6 Prepare sauce: See notes section below for instruction for 25 and 50 servings.</p>
Soy sauce, low-sodium		¾ cup		1½ cup	
Cider vinegar		¼ cup		½ cup	
Sugar, granulated		¼ cup		½ cup	
*Ginger root, raw, minced		2 tsp		1 Tbsp 1 tsp	
*Garlic, fresh, minced		4 cloves OR 2 tsp		8 cloves OR 1 Tbsp 1 tsp	
Red pepper flakes		½ tsp		1 tsp	
Cornstarch		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
*Green onion with tops, fresh, chopped (optional)	2 oz	½ cup	4 oz	1 cup	<p>7 In a large bowl, toss peanut sauce, chicken, broccoli, and noodles. Garnish each serving with 1 tsp of green onions, 1 tsp of cilantro, and one lime wedge (optional).</p>



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Cilantro, fresh, chopped (optional)	2 oz	½ cup	4 oz	1 cup	
Lime wedge, fresh (optional)		25 each		50 each	
					<p>8 Serve ¾ cup (6 oz ladle). Note: For younger children, squeeze lime juice onto the dish and serve without the lime wedge.</p>
					<p>9 Serve hot or cold.</p> <p>Critical Control Point: Hold for hot service at 140 °F. Critical Control Point: Hold for cold service at 40 °F.</p>



NUTRITION INFORMATION

For ¾ cup (6 oz ladle).

NUTRIENTS	AMOUNT
Calories	175
Total Fat	6 g
Saturated Fat	1 g
Cholesterol	28 mg
Sodium	320 mg
Total Carbohydrate	19 g
Dietary Fiber	3 g
Total Sugars	4 g
Added Sugars included	N/A
Protein	14 g
Vitamin D	N/A
Calcium	2 mg
Iron	0 mg
Potassium	N/A

N/A=data not available.

YIELD/VOLUME

25 Servings	50 Servings
8 lb 5 oz 1 gal 1 qt	16 lb 9 oz 2 gal 2 qt

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Cilantro	3 oz	5 oz
Green onions	3 oz	5 oz
Garlic	4 cloves	8 cloves

NOTES

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

Prepare Sauce for 25 Servings

1. In a medium microwavable bowl, combine peanut butter, ½ cup of warm water, soy sauce, cider vinegar, sugar, ginger, garlic, and red pepper flakes.
2. Microwave sauce for 1 minute; whisk sauce and microwave for 1 more minute, whisk again. (Note: Sauce will look stringy.)
3. In a small bowl, whisk remaining ¼ cup warm water with cornstarch to make a slurry. Be sure cornstarch is fully dissolved in the water before adding slurry to the sauce.
4. Slowly whisk slurry into the peanut butter sauce until fully combined. Microwave 1 minute or until thick. Whisk until sauce is a smooth-thick consistency. Slowly whisk slurry into the peanut butter sauce until fully combined. Microwave 2 minutes or until thick. Whisk until sauce is a smooth-thick consistency.

Prepare Sauce for 50 Servings

1. In a large microwavable bowl, combine peanut butter, 1 cup of warm water, soy sauce, cider vinegar, sugar, ginger, garlic, and red pepper flakes.
2. Microwave sauce for 2 minutes; remove from the microwave, whisk sauce and microwave for 2 more minutes, whisk again. (Note: Sauce will look stringy.)
3. In a small bowl, whisk remaining ½ cup warm water with cornstarch to make a slurry. Be sure cornstarch is fully dissolved in the water before adding slurry to the sauce.
4. Slowly whisk slurry into the peanut butter sauce until fully combined. Microwave 2 minutes or until thick. Whisk until sauce is a smooth-thick consistency.

Variation

Add a variety of frozen stir-fry vegetables such as snow peas, carrots, and onions.

