

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		1 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		1 cup			
Vinegar		½ cup			
Corn Starch		¼ cup			
Sugar		3 Tbsp			
Sesame oil		2 Tbsp			
Canola oil		2/3 cup			
Onion, chopped		2 cups			
Pork loin roast, cooked, diced OR Pork from recipe for Roasted Pork for Lo Mein		6 lb 4 oz OR 50 servings			
Mushrooms, sliced		4 cups			
Garlic (adjust if needed)		4 cloves			
Ginger, fresh, grated (or powdered)		2 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	161 kcal	Saturated Fat	2.16 g	Iron	0.66 mg
Protein	17.30 g	Cholesterol	48.19 g	Calcium	15.61 mg
Carbohydrate	2.43 g	Vitamin A	1.14 mcg RAE	Sodium	218.55 mg
Total Fat	8.64 g	Vitamin C	0.78 mg	Dietary Fiber (2016)	0.16 g