



kikkoman®

Recipes Kids Love!

VOLUME 2





Kids Love Kikkoman

...and so will you!

Every day, every menu cycle, you're facing the challenge of balancing the flavors kids love with the nutrition they need. Kikkoman can help.

Our full line of convenient sauces and products can give an instant "kikk" of kid-pleasing flavor to anything from commodity veggies and proteins to noodles, nuggets, tofu and patties—and they can help you reduce sodium and eliminate gluten.

Kids love the flavor Kikkoman adds to foods. And Kikkoman loves helping schools build healthier, tastier menus. We hope this collection of recipes will inspire you to create craveable, better-for-you options throughout the school year.

Lower-Sodium Options

One of the biggest challenges facing schools is how to implement the gradual reduction in sodium content of meals.

Sodium reduction isn't just a matter of using less salt. It's also about using the right combinations of ingredients so kids don't miss the flavor of salt. Ounce for ounce, Kikkoman sauces are actually lower in sodium than table salt. And you can use them instead of salt to add flavor and umami (the "fifth taste" that adds heightened flavor) to any food.

Umami

SODIUM COMPARISON	mg sodium per tablespoon
Table Salt	6,300
Kikkoman Soy Sauce	920
Kikkoman Less Sodium Soy Sauce	575
Kikkoman Less Sodium Teriyaki Marinade & Sauce	320
Thai Style Chili Sauce	145
Kikkoman Preservative-Free Orange Sauce	68
And that's not all. We recently introduced three great new kid-pleasers to our reduced-sodium family: Less Sodium Gluten-Free Teriyaki Marinade & Sauce, Less Sodium Teriyaki Glaze, Low Sodium Gluten-Free Sweet & Sour Sauce	
Less Sodium Gluten-Free Teriyaki Marinade & Sauce	310
Less Sodium Teriyaki Glaze	140
Low Sodium Gluten-Free Sweet & Sour Sauce	40



TRENDS AND OPPORTUNITIES

Asian and Global Flavors

88% of schools now offer Asian dishes.*

Interest in Asian cuisine among school-age customers is growing, and school nutrition operators are incorporating this trend into their menus. Kikkoman sauces add the Asian flavors kids love most—from **Sweet & Sour** to **Teriyaki**, **Orange Sauce**, **Thai Chili Sauce** and **Ponzu**. And don't forget, they're great in Latin and Mediterranean-style recipes too.

*Source: School Nutrition Operations Report, 2014



Special Dietary Solutions

GF

37% of schools offer gluten-free options.

25% of schools offer soy milk.*

Making accommodations for lactose intolerance and gluten-free meals is presenting a significant challenge for school nutrition programs, more so than other special needs requests. Our **PEARL® Organic Smart Soy milk** and our growing line of gluten-free sauces—including **Less Sodium Gluten-Free Teriyaki Marinade & Sauce**, **Gluten-Free Tamari Soy Sauce** and **Less Sodium Gluten-Free Tamari Soy Sauce**—are ideal for meeting your students' special dietary needs.

*Source: School Nutrition Operations Report, 2014



The "Kikkoman Can" Menu Plan

With increasing focus on sodium reduction and special gluten-free diet requirements, the simple, kid-pleasing ideas found in this recipe brochure will help you deliver great nutrition and flavor with less labor.

As you plan your menu for maximum appeal and health value, remember, Kikkoman can...

- Help build menu variety from Asian and Latin to mainstream American
- Enhance flavor easily and inexpensively
- Make commodity proteins and veggies better tasting and more appealing
- Save space: no need to stock multiple items to achieve great flavor
- Help you reduce sodium without sacrificing taste
- Keep your menu safe and wholesome: Kikkoman products are made with high-quality ingredients, right here in the USA.



made in america



Kikkoman Sauces For Schools

SOY SAUCES

Soy Sauce
 Less Sodium Soy Sauce
 Gluten-Free Tamari Soy Sauce
 Less Sodium Gluten-Free Tamari Soy Sauce

TERIYAKI SAUCES

Teriyaki Glaze
 Less Sodium Teriyaki Glaze
 Less Sodium Teriyaki Marinade & Sauce
 Less Sodium Gluten-Free Teriyaki Marinade & Sauce

ASIAN SAUCES

Hoisin Sauce
 Katsu Sauce
 Ponzu Citrus Seasoned Dressing & Sauce
 Lime Ponzu Citrus Seasoned Dressing & Sauce
 Sweet & Sour Sauce
 Low Sodium Gluten-Free Sweet & Sour Sauce
 Thai Style Chili Sauce
 Sushi Sauce
 Sriracha Hot Chili Sauce
 Preservative-Free Orange Sauce
 Rice Vinegar
 Wasabi Sauce

Many Kikkoman Products Are Available In Packets:

Soy Sauce
 Preservative-Free Soy Sauce
 Less Sodium Preservative-Free Soy Sauce
 Gluten-Free Tamari Soy Sauce
 Organic Soy Sauce
 Sushi Sauce

Teriyaki Marinade & Sauce
 Ponzu Citrus Seasoned Dressing & Sauce
 Lime Ponzu Citrus Seasoned Dressing & Sauce
 Thai Style Chili Sauce



PEARL[®] Organic Smart Soymilk

REFORMULATED TO MEET NEW
 USDA SCHOOL NUTRITION GUIDELINES

Kikkoman PEARL[®] Organic Smart Soymilk is truly a smarter milk alternative—for you and your students. Made with whole organic soybeans, PEARL[®] Organic Soymilk Smart Original, Smart Creamy Vanilla and Smart Chocolate flavors are gluten-free, lactose-free, rich in nutrients and lower in fat than regular milk. Kids of all ages love their smooth texture and creamy taste. And our single serve (8-ounce) sizes are formulated to meet the USDA's guidelines for fluid milk substitutions in school nutrition programs.

HEALTHY NEVER TASTED SO GOOD

- More calcium and vitamins A and D than whole milk
- Made with whole organic soybeans
- Lactose-free, cholesterol-free, very low in saturated fat, preservative-free and minimally processed and pasteurized
- Increased protein: an 8-ounce serving provides at least 8 grams of soy protein—nearly one-third the daily requirement in a heart-healthy diet
- Increased values for nutrients, such as calcium, potassium, magnesium, riboflavin and vitamin B12
- An excellent source of folate
- Clean, smooth, satisfying texture
- Shelf-stable storage
- Kosher certified
- Gluten-free



Recipes Kids Love!



SANDWICHES AND HANDHELD DISHES

Sweet & Sour Vietnamese Meatball Banh Mi

Vietnamese-style banh mi sandwiches are more popular than ever. This easy version uses prepared turkey meatballs seasoned with Kikkoman Low Sodium Gluten-Free Sweet & Sour Sauce and Rice Vinegar. A fresh carrot-onion slaw adds the crunchy freshness you expect from this Southeast Asian favorite.

Meat/Meat Alternate, Grain, Additional Vegetables

Main Dish

60 Servings

Ingredients	Weight	Measure	Directions
White vinegar		1 cup	In a medium container, whisk together the sugar, white vinegar and water until dissolved. Add the grated carrots and julienne red onion. Hold chilled at 40°F or below until service. Prepare these pickled vegetables at least 30 minutes before serving, and up to 1 day before serving. Drain off the liquid before assembling the sandwiches.
Sugar, granulated		1 cup	
Water		½ cup	
Carrots, grated	3 pounds 4 ounces		
Red onion, raw, julienne	2 pounds 8 ounces		
Turkey meatballs, frozen	10 pounds		Preheat the oven to 350°F. Spray 2 full-size 2-inch steamtable pans with pan release spray. Place 5 pounds of turkey meatballs in each prepared pan.
Kikkoman Low Sodium Gluten-Free Sweet & Sour Sauce		6 cups	In a 2-quart liquid measuring pitcher combine the Kikkoman Low Sodium Gluten-Free Sweet & Sour Sauce and the Kikkoman Rice Vinegar. Stir until well combined. Divide the sauce evenly between each pan of meatballs. Stir the meatballs until they are evenly coated with the sauce. Bake, uncovered, in the preheated oven for about 20-25 minutes, or until the sauce bubbles and begins to glaze the meatballs. CCP: Cook to a minimum internal temperature of 135°F. CCP: Hold hot, covered, at 135°F or higher.
Kikkoman Rice Vinegar, unseasoned		1 ½ cups	
Flatbread, whole grain rich, 2 ounce equivalent		60 each	To assemble the sandwiches place a flatbread on a serving tray and place 4 meatballs down the center of the flatbread. Lay 4 slices of cucumber on the flatbread along one side of the meatballs. Place ⅔ cup of the pickled carrot and red onion along the other side of the meatballs. Sprinkle 1 tablespoon of the rough chopped cilantro over the top of the meatballs.
Cucumber, raw, thinly sliced	2 pounds 8 ounces		
Cilantro, fresh, rough chopped		3 ¾ cups	

Serving Size	1 Serving Provides
1 Sandwich	2 ounces meat/meat alternate, 2 ounce equivalents grains, ⅔ cup vegetables (¼ cup red/orange, ⅙ cup other)

Nutrients Per Serving					
Calories	362	Saturated Fat	2 g	Iron	0.2 mg
Protein	19 g	Cholesterol	45 mg	Calcium	66 mg
Carbohydrate	50 g	Vitamin A	4150 IU	Sodium	758 mg
Total Fat	10 g	Vitamin C	3 mg	Dietary Fiber	4 g



Big Kahuna Burger

Specialty burgers are popular in and outside of the school cafeteria. This one has Hawaiian appeal with teriyaki sauce, a slice of sweet pineapple and an extra spicy "kikk" of Sriracha mayo.

Meat/Meat Alternate, Grain			50 Servings
Main Dish			
Ingredients	Weight	Measure	Directions
Beef burgers, cooked, IQF, 1.5–2 ounce equivalent		50 each	Preheat the oven to 350°F. Spray a full-size sheet pan with pan release spray. Place frozen burger patties in a single layer on the sheet pan.
Kikkoman Less Sodium Teriyaki Glaze		3 ½ cup	Spread 1 tablespoon of Kikkoman Less Sodium Teriyaki Glaze on top of each burger patty. Place burgers in the preheated oven and bake until the teriyaki sauce has thickened slightly to glaze the burger, about 8 – 10 minutes. CCP: Heat to a minimum internal temperature of 135°F. CCP: Hold hot at 135°F or above until service.
Mayonnaise		1 ¾ cup	Meanwhile, combine the mayonnaise and Kikkoman Sriracha Hot Chili Sauce in a small container. CCP: Hold chilled at 41°F or below until service.
Kikkoman Sriracha Hot Chili Sauce		¼ cup 2 teaspoons	
Pineapple rings, canned, drained		50 each (1 #10 can)	To assemble the burgers, spread 2 teaspoons of the sriracha mayonnaise on the inside surface of the bottom bun. Place a teriyaki-glazed burger patty on the bun. Top with one slice of pineapple and about ¼ cup of shredded romaine lettuce. Serve immediately. Alternately, assemble the burger with the teriyaki-glazed patty and pineapple ring, and serve the burger with lettuce and sriracha mayonnaise on the side.
Romaine lettuce, shredded	1 pound 12 ounces	3 quarts ½ cup	
Whole grain buns, 2 ounce equivalent		50 each	

Serving Size	1 Serving Provides
1 Sandwich	1.5 to 2 ounces meat/meat alternate (depending on purchased product), 2 ounce equivalents grains

Nutrients Per Serving					
Calories	383	Saturated Fat	3.4 g	Iron	3 mg
Protein	22 g	Cholesterol	49 mg	Calcium	61 mg
Carbohydrate	43 g	Vitamin A	1404 IU	Sodium	522 mg
Total Fat	15 g	Vitamin C	4.7 mg	Dietary Fiber	4 g



Asian Chicken Flatbread

Is it a pizza? Is it a sandwich? Yes! Flatbreads are hot on school menus and this Asian-inspired version will wow your students.

Meat/Meat Alternate, Grain			48 Servings
Main Dish			
Ingredients	Weight	Measure	Directions
Flatbread, whole grain rich, 2 ounce equivalent		48 each	Preheat the oven to 350°F. Place flatbread in a single layer on parchment-lined sheet pans.
Kikkoman Low Sodium Gluten-Free Sweet & Sour Sauce		3 cups	Pour 1 tablespoon of the Kikkoman Low Sodium Gluten-Free Sweet & Sour Sauce into the center of each flatbread and spread the sauce evenly toward the edges.
Cheese, mozzarella, shredded	3 pounds		Sprinkle 1 ounce of mozzarella cheese evenly over the sauce on each flatbread.
Chicken, cooked, USDA unseasoned strips, thawed, diced	3 pounds 12 ounces		Top with 1.25 ounces of diced chicken and 1 tablespoon of sliced green onion. Bake in a preheated 350°F oven for about 10 minutes; just until the cheese bubbles and begins to brown slightly.
Green onions, raw		3 cups	CCP: Heat to a minimum internal temperature of 135°F. Remove from the oven. CCP: Hold hot at 135°F or higher.
Cilantro, fresh		3 cups	Just before serving sprinkle each flatbread with 1 tablespoon chopped fresh cilantro.

Serving Size	1 Serving Provides
1 Each	2 ounces meat/meat alternate, 2 ounce equivalents grains

Nutrients Per Serving					
Calories	335	Saturated Fat	5 g	Iron	0.2 mg
Protein	19 g	Cholesterol	39 mg	Calcium	242 mg
Carbohydrate	36 g	Vitamin A	233 IU	Sodium	602 mg
Total Fat	12.7 g	Vitamin C	1.2 mg	Dietary Fiber	3 g



Sriracha Chicken Salad Wrap

Take chicken salad to a whole new level of Asian appeal with an easy sweet-spicy-creamy dressing. With tender chicken, crisp vegetables and loads of Asian flavors, this wrap is sure to be a hit with students.

Meat/Meat Alternate, Grain, Additional Vegetables			
Main Dish			
			40 Servings
Ingredients	Weight	Measure	Directions
Chicken, cooked, USDA unseasoned strips	6 pounds 4 ounces		Thaw chicken and dice into 1-inch cubes. Place diced chicken into a large mixing bowl.
Kikkoman Preservative-Free Orange Sauce		1 cup	In a smaller mixing bowl, whisk together the Kikkoman Preservative-Free Orange Sauce, plain yogurt, mayonnaise and Kikkoman Sriracha Hot Chili Sauce. Pour the sauce over the diced chicken and mix until thoroughly combined.
Yogurt, plain, low-fat		1 cup	
Mayonnaise		1 cup	
Kikkoman Sriracha Hot Chili Sauce		½ cup	
Tortillas, whole grain rich, 8-inch		40 each	Lay the whole grain tortillas out on a prep surface. Using a number 12 scoop, place ½ cup (3 ounces by weight) of the chicken mixture onto the center of each tortilla. Top with ¼ cup grated carrots and ½ cup shredded romaine lettuce. Fold one edge of the tortilla ⅓ over the filling, then lift the bottom edge up and over the filling. Pull back on the filling and roll up and over the top edge of the tortilla. CCP: Hold chilled at or below 41°F until service.
Carrots, raw, shredded	2 pounds 4 ounces	10 cups	
Romaine lettuce, raw, shredded	2 pounds 10 ounces	20 cups	

Serving Size	1 Serving Provides
1 Wrap	2 ounces meat/meat alternate, 1.5 ounce equivalents grains, ¼ cup red/orange vegetables, ¼ cup dark green vegetables

Nutrients Per Serving					
Calories	283	Saturated Fat	3.8 g	Iron	0.4 mg
Protein	17 g	Cholesterol	47 mg	Calcium	90 mg
Carbohydrate	28 g	Vitamin A	6885 IU	Sodium	527 mg
Total Fat	12 g	Vitamin C	2.8 mg	Dietary Fiber	4 g



Thai Chili Turkey Tacos

The taco truck trend comes to the school cafeteria. We've paired tender pulled turkey and sweet Kikkoman Thai Style Chili Sauce for a super simple main dish with plenty of kid-appeal.

Meat/Meat Alternate, Grain, Other Vegetable			
Main Dish			
			62 Servings
Ingredients	Weight	Measure	Directions
Turkey, pulled thighs, cooked, frozen, thawed	10 pounds		Preheat oven to 350°F. Spray two full-size 2-inch steamtable pans with pan release spray. Place 5 pounds of the thawed pulled turkey thigh meat into each prepared pan. Break the meat apart into chunks and distribute into a single layer. Bake the turkey thigh meat in the preheated oven for about 20-25 minutes, or until the meat begins to brown slightly in the surface. CCP: Cook to a minimum internal temperature of 135°F. Remove from the oven. CCP: Hold hot at 135°F or higher.
Tortillas, whole grain flour		62 each	To assemble the tacos, place a warmed whole grain tortilla into the serving container. Spread about ¼ cup of the finely shredded green cabbage across the center of the tortilla. Place 2.55 ounces of the pulled turkey thigh meat on top of the cabbage. Drizzle with 1 tablespoon of the Kikkoman Thai Style Chili Sauce and top with 1 tablespoon each of diced white onion and chopped cilantro.
Cabbage, green, finely shredded	2 pounds 6 ounces	1 gallon	
Kikkoman Thai Style Chili Sauce		3 ¾ cups 2 tablespoons	
White onion, raw, diced	1 pound 4 ounces	3 ¾ cups 2 tablespoons	
Cilantro, fresh, chopped		3 ¾ cups 2 tablespoons	

Serving Size	1 Serving Provides
1 Taco	2 ounces meat/meat alternate, 1.5 ounce equivalents grains, ¼ cup other vegetables

Nutrients Per Serving					
Calories	254	Saturated Fat	2.3 g	Iron	0.1 mg
Protein	14 g	Cholesterol	56 mg	Calcium	100 mg
Carbohydrate	29 g	Vitamin A	119 IU	Sodium	658 mg
Total Fat	7.6 g	Vitamin C	13 mg	Dietary Fiber	4 g



ENTRÉES & VEGETABLES

Savory Roasted Potatoes

Classic roasted potatoes get a flavor-packed umami boost with Kikkoman Less Sodium Soy Sauce instead of salt.

Starchy Vegetable			
Side Dish			
48 Servings			
Ingredients	Weight	Measure	Directions
Potatoes, fresh, yellow, red or Russet	10 pounds		Preheat the oven to 375°F. Wash the potatoes and cut lengthwise in half and then into quarters. Place wedges in a large mixing bowl.
Kikkoman Less Sodium Soy Sauce		¼ cup	In a separate bowl, combine the Kikkoman Less Sodium Soy Sauce, black pepper, paprika, garlic powder, and onion powder. Stir until well combined. Pour over the potatoes and stir until the potatoes are coated with the seasoning.
Black pepper, ground		2 teaspoons	
Ground paprika		2 teaspoons	
Garlic powder		2 teaspoons	
Onion powder		2 teaspoons	
Vegetable oil		¼ cup	Pour the vegetable oil over the potatoes and stir until coated. Spray sheet pans with pan release spray. Place potato wedges in a single layer on each sheet pan. Spread out to create space between each wedge. Bake in a preheated 375°F oven for 30-40 minutes, stirring halfway through. CCP: Cook to a minimum internal temperature of 135°F. CCP: Hold at 135°F or higher.

Serving Size	1 Serving Provides
½ Cup	½ cup starchy vegetable

Nutrients Per Serving					
Calories	87	Saturated Fat	0.2 g	Iron	0.9 mg
Protein	2 g	Cholesterol	0 mg	Calcium	13 mg
Carbohydrate	17 g	Vitamin A	48 IU	Sodium	52 mg
Total Fat	1.2 g	Vitamin C	5.4 mg	Dietary Fiber	1 g



Spicy Teriyaki Chicken and Broccoli

Kids love fiery flavors, and this recipe blends spicy red chilies with sweet and savory teriyaki sauce. Brown rice and broccoli round out this healthful, craveable meal-in-a-bowl.

Meat/Meat Alternate, Grain, Dark Green Vegetables			
Main Dish			
40 Servings			
Ingredients	Weight	Measure	Directions
Chicken, cooked, USDA unseasoned strips	6 pounds 4 ounces		Thaw chicken in refrigerator at or below 41°F for 24 to 48 hours in advance. Spray a full-size 2-inch steamtable pan with pan release spray. Place chicken in the prepared pan. Preheat the oven to 350°F.
Kikkoman Less Sodium Teriyaki Glaze		2 ½ cups	Measure the Kikkoman Less Sodium Teriyaki Glaze into a liquid measuring cup and stir in the crushed red chilies. Pour the sauce over the chicken and stir to evenly distribute. Cover tightly with foil and bake in a preheated 350°F oven for about 20 minutes. CCP: Cook to a minimum internal temperature of 135°F. CCP: Hold, covered, at 135°F or higher until service.
Crushed red chilies		1 ½ teaspoons	
Brown rice, dry	5 pounds		Prepare brown rice according to the manufacturer's directions. CCP: Hold brown rice hot at 135°F or higher until service.
Broccoli florets, IQF	7 pounds 8 ounces	20 cups	Just before service, place 3 pounds of IQF broccoli florets into a perforated 2-inch full-size steamtable pan. Steam just until tender crisp and bright green. The time will vary depending on equipment. Do not overcook. CCP: Heat to a minimum internal temperature of 135°F.
Sesame seeds (optional)		3 tablespoons 1 teaspoon	To serve, place 1 cup cooked brown rice into the serving container. Place 3 ounces of the chicken over the steamed brown rice. Place ½ cup steamed broccoli florets alongside the chicken. Sprinkle the chicken and broccoli with about ¼ teaspoon sesame seeds.

Serving Size	1 Serving Provides
1 Each	2 ounces meat/meat alternate, 2 ounce equivalents grains, ½ cup dark green vegetables

Nutrients Per Serving					
Calories	364	Saturated Fat	2.4 g	Iron	1.35 mg
Protein	20 g	Cholesterol	47 mg	Calcium	56 mg
Carbohydrate	60 g	Vitamin A	860 IU	Sodium	348 mg
Total Fat	5.8 g	Vitamin C	34 mg	Dietary Fiber	5 g



Vietnamese "Clay Pot" Chicken

This Vietnamese-inspired chicken dish has the sweet-savory-spicy balance kids love, making it a perfect addition to any school menu.

Meat/Meat Alternate, Grain			
Main Dish			
			40 Servings
Ingredients	Weight	Measure	Directions
Chicken, cooked, USDA unseasoned strips	6 pounds 4 ounces		Thaw chicken in refrigerator at or below 41°F for 24 to 48 hours in advance. Spray a full-size 2-inch steamtable pan with pan release spray.
Onions, yellow, sliced ¼ inch	2 pounds	8 cups	Preheat oven to 350°F. Place sliced onions and green onions into the prepared pan. Place the pan into the preheated oven and bake for 10 minutes until the onions have caramelized slightly and are softened. Remove the pan from the oven and add the thawed, cooked, chicken breast meat and any liquid that comes from the chicken.
Green onions, raw, sliced 1 ½ inches long	4.5 ounces	2 ½ cups	
Kikkoman Less Sodium Teriyaki Glaze	1 pound 10 ounces	2 ½ cups	Measure the Kikkoman Less Sodium Teriyaki Glaze into a liquid measuring cup and stir in the chili flakes, ground ginger, and granulated garlic. Pour the sauce over the chicken and onions and stir to evenly distribute. Cover tightly with foil and bake in a preheated 350°F oven for about 20 minutes. Remove foil and cook for an additional 5-10 minutes to thicken the sauce. CCP: Cook to a minimum internal temperature of 135°F. CCP: Hold hot at 135°F or higher.
Crushed red chilies		1 ½ teaspoons	
Ground ginger		1 tablespoon	
Granulated garlic		2 teaspoons	
Rice, brown, cooked		2 ½ gallons	Using a #8 scoop serve ½ cup portions over steamed brown rice topped with 1 tablespoon chopped fresh cilantro.
Cilantro, fresh		2 ½ cups	

Serving Size	1 Serving Provides
1 Each	2 ounces meat/meat alternate, 2 ounces grains, ⅛ cup other vegetables

Nutrients Per Serving					
Calories	357	Saturated Fat	2.4 g	Iron	0.9 mg
Protein	18 g	Cholesterol	47 mg	Calcium	54 mg
Carbohydrate	57 g	Vitamin A	62 IU	Sodium	334 mg
Total Fat	5.8 g	Vitamin C	1.2 mg	Dietary Fiber	4 g



Orange Chicken Shaker Salad

Join the shaker salad revolution with this simple recipe. Kikkoman Preservative-Free Orange Sauce is the perfect dressing with just the kind of sweet, savory and tangy flavors kids love.

Meat/Meat Alternate, Grains, Other Vegetables, Legumes, Red/Orange Vegetables, Fruit			
Main Dish			
			50 Servings
Ingredients	Weight	Measure	Directions
Chicken, unseasoned strips, cooked, frozen, thawed	7 pounds 13 ounces		Dice the thawed unseasoned chicken strips into ¾ inch cubes. CCP: Hold chilled at 41°F or below until ready to assemble salads.
Kikkoman Preservative-Free Orange Sauce		5 ¼ cups	In a 2-quart liquid measuring container combine the Kikkoman Preservative-Free Orange Sauce and the Kikkoman Rice Vinegar. Whisk until well combined. Pour 1 ounce of this dressing into portion cups and top each cup with a lid. Set dressing cups aside.
Kikkoman Rice Vinegar, unseasoned		1 cup	
Rice, brown or a whole grain blend, cooked and chilled		3 gallons 2 cups	To assemble salads, set out 50 16-ounce clear beverage cups (compatible with a flat insert and solid domed lid). In each cup place 1 cup cooked and chilled rice, ¼ cup edamame, ¼ cup grated carrots, 2.5 ounces diced chicken, ½ cup diced cucumber and ¼ cup mandarin orange segments. Place a flat lid over the top of the salad. Place a portion container of dressing on top of the flat insert, and cover with a domed lid. CCP: Hold chilled at 41°F or below. To mix the salad, remove the domed lid, dressing container and flat insert. Pour the dressing into the cup and place the domed lid securely on top. Shake the salad until the contents are well dressed.
Edamame, thawed	4 pounds 12 ounces	3 quarts ½ cup	
Carrots, raw, grated	2 pounds 9 ounces	3 quarts ½ cup	
Cucumber, raw, diced	9 pounds 4 ounces	1 ½ gallons 1 cup	
Mandarin oranges, drained	5 pounds 14 ounces	3 quarts ½ cup	

Serving Size	1 Serving Provides
1 Each	2 ounces meat/meat alternate, 2 ounce equivalents grains, ½ cup other vegetables, ¼ cup legumes, ¼ cup red/orange vegetables, ¼ cup fruit

Nutrients Per Serving					
Calories	490	Saturated Fat	2.8 g	Iron	2.5 mg
Protein	24 g	Cholesterol	46 mg	Calcium	117 mg
Carbohydrate	81 g	Vitamin A	9906 IU	Sodium	350 mg
Total Fat	8.8 g	Vitamin C	23 mg	Dietary Fiber	8 g



"Fried" Rice with Edamame

Kids love the familiar and comforting taste of fried rice. Edamame, a kid favorite, makes a colorful appearance in this simple version that's baked, not fried, making it both healthful and convenient.

Meat/Meat Alternate, Grain, Legume, Red/Orange Vegetable
Side Dish

32 Servings

Ingredients	Weight	Measure	Directions
Brown rice, dry, parboiled	2 pounds		Preheat the oven to 350°F. Spray a 2-inch full-size steamtable pan with pan release spray. Place parboiled brown rice in the prepared steamtable pan.
Water		2 quarts 2 cups	In a 3-quart liquid measuring container combine the water, Kikkoman Less Sodium Soy Sauce, toasted sesame oil, garlic powder, onion powder, ground ginger, and black pepper. Whisk together until well combined and pour over the rice in the steamtable pan. Stir well to combine and distribute the ingredients. Cover the pan tightly with foil. Bake in the preheated 350°F oven for about 1 hour, or until the rice is tender and most of the liquid is absorbed.
Kikkoman Less Sodium Soy Sauce		1 cup	
Toasted Sesame Oil		2 tablespoons	
Garlic powder		2 teaspoons	
Onion powder		2 teaspoons	
Ground ginger		2 teaspoons	
Black pepper, ground		2 teaspoons	
Edamame, shelled, IQF, thawed	1 pound 8 ounces	4 cups	Remove the pan from the oven and stir in thawed edamame and diced carrots. Cover and place into the oven for an additional 5 minutes.
Carrots, diced, IQF, thawed	1 pound 10 ounces	4 cups	CCP: Cook to a minimum internal temperature of 165°F.
Green onions, raw, thinly sliced		1 cup	Remove the pan from the oven and stir in the green onions. CCP: Cover and hold at or above 135°F until service. Stir before serving.

Serving Size	1 Serving Provides
¾ Cup	1 ounce equivalents grains, ¼ cup additional vegetables

Nutrients Per Serving					
Calories	159	Saturated Fat	0.5 g	Iron	1.1 mg
Protein	5.7 g	Cholesterol	0 mg	Calcium	52 mg
Carbohydrate	27 g	Vitamin A	3338 IU	Sodium	311 mg
Total Fat	3 g	Vitamin C	4.8 mg	Dietary Fiber	3 g



Sweet & Sour Glazed Tofu

This easy recipe lets you create a flavor-packed Sweet & Sour Glazed Tofu that works as a vegetarian protein item in hot sandwiches, rice bowls, over fried rice and more. You can also chill it and slice it into strips or cubes to use as a salad topping.

Meat/Meat Alternate
Main Dish

60 Servings

Ingredients	Weight	Measure	Directions
Tofu, extra firm	10 pounds		Preheat the oven to 375°F. Cut each 1-pound cake of tofu widthwise into 6 equal pieces. Start by cutting the tofu in half widthwise, then cut (in the same direction as before) each half into 3 equal pieces. Place tofu slices cut-side down on parchment-lined sheet pans, leaving 2 inches between each piece.
Kikkoman Low Sodium Gluten-Free Sweet & Sour Sauce		3 ¾ cups	Spoon 1 tablespoon of the Kikkoman Low Sodium Gluten-Free Sweet & Sour Sauce onto each slice of tofu and spread the sauce to coat the top of the tofu. Bake in the preheated 375°F oven for about 15-18 minutes, or until the tofu browns slightly and the sauce glazes the tofu. CCP: Heat to a minimum internal temperature of 160°F. Remove from the oven and hold hot until service. CCP: Hold and serve at 135°F or above. Use flavorful glazed tofu as a vegetarian protein option on hot or cold sandwiches, on salads, or with rice or noodles.

Serving Size	1 Serving Provides
1 Piece	1 ounce meat/meat alternate

Nutrients Per Serving					
Calories	104	Saturated Fat	0.4 g	Iron	1.4 mg
Protein	7.5 g	Cholesterol	0 mg	Calcium	132 mg
Carbohydrate	11 g	Vitamin A	0 IU	Sodium	44 mg
Total Fat	4.4 g	Vitamin C	0 mg	Dietary Fiber	0 g



Teriyaki Glazed Tofu

All you need is Kikkoman Less Sodium Teriyaki Glaze and tofu to make this easy, tasty protein alternative for Asian style rice bowls, hot sandwiches, wraps and "burgers." Try it chilled on salads, too.

Meat/Meat Alternate Main Dish				60 Servings
Ingredients	Weight	Measure	Directions	
Tofu, extra firm	10 pounds		Preheat the oven to 375°F. Cut each 1-pound cake of tofu widthwise into 6 equal pieces. Start by cutting the tofu in half widthwise, then cut (in the same direction as before) each half into 3 equal pieces. Place tofu slices cut-side down on parchment-lined sheet pans, leaving 2 inches between each piece.	
Kikkoman Less Sodium Teriyaki Glaze		1 ¾ cup 2 tablespoons	Spoon ½ tablespoon of the Kikkoman Less Sodium Teriyaki Glaze onto each slice of tofu and spread the sauce to coat the top of the tofu. Bake in the preheated 375°F oven for about 15-18 minutes, or until the tofu browns slightly and the sauce glazes the tofu. CCP: Heat to a minimum internal temperature of 160°F. Remove from the oven and hold hot until service. CCP: Hold and serve at 135°F or above. Use flavorful glazed tofu as a vegetarian protein option on hot or cold sandwiches, on salads, or with rice or noodles.	

Serving Size	1 Serving Provides
1 Piece	1 ounce meat/meat alternate

Nutrients Per Serving					
Calories	91	Saturated Fat	0.4 g	Iron	1.4 mg
Protein	8 g	Cholesterol	0 mg	Calcium	132 mg
Carbohydrate	7 g	Vitamin A	0 IU	Sodium	78 mg
Total Fat	4.4 g	Vitamin C	0 mg	Dietary Fiber	0 g



Ninja Nachos

Switch up nachos by giving them an Asian-cool twist: corn tortilla chips piled high with pulled pork, beans and cheese, drizzled with a deliciously unexpected sweet and spicy sauce.

Meat/Meat Alternate, Grain, Legumes Main Dish				64 Servings
Ingredients	Weight	Measure	Directions	
Pulled pork, cooked, frozen, thawed	5 pounds		Preheat oven to 350°F. Spray two full-size 2-inch steamtable pans with pan release spray. Place 5 pounds of the thawed pulled pork meat into each prepared pan. Break the meat apart into chunks and distribute into a single layer. Bake the pulled pork in the preheated oven for about 20-25 minutes, or until the meat begins to brown slightly on the surface. CCP: Cook to a minimum internal temperature of 135°F. Remove from the oven. CCP: Hold hot at 135°F or higher.	
Corn tortilla chips, whole grain rich	8 pounds		Place 2 ounces of corn tortilla chips into each oven-proof serving container. Top with 1.3 ounces of the heated pulled pork, ¼ cup of black beans, and 1 ounce of shredded mozzarella cheese. Place the portions of nachos on a sheet pan and bake in the preheated 350°F oven for about 3 minutes, or until the cheese begins to melt. Transfer nachos to a warmer. CCP: Hold hot at 135°F or higher.	
Black beans, canned, drained, rinsed	5 pounds 10 ounces	1 gallon		
Mozzarella cheese, shredded	4 pounds		Meanwhile, combine the Kikkoman Low Sodium Gluten-Free Sweet & Sour Sauce and Kikkoman Thai Style Chili Sauce in a small container. Set aside.	
Kikkoman Low Sodium Gluten-Free Sweet & Sour Sauce		3 cups		
Kikkoman Thai Style Chili Sauce		1 cup	To serve, remove nachos from the warmer and drizzle with 1 tablespoon of the spicy sweet and sour sauce mixture. Top with 1 tablespoon each of sliced green onion and chopped fresh cilantro.	
Green onion, raw, thinly sliced		4 cups		
Cilantro, fresh, chopped		4 cups		

Serving Size	1 Serving Provides
1 Portion	2 ounces meat/meat alternate, 2 ounce equivalents grains, ¼ cup legumes

Nutrients Per Serving					
Calories	526	Saturated Fat	7.5 g	Iron	1.6 mg
Protein	22 g	Cholesterol	47 mg	Calcium	285 mg
Carbohydrate	56 g	Vitamin A	235 IU	Sodium	545 mg
Total Fat	23 g	Vitamin C	2.3 mg	Dietary Fiber	10 g





PRODUCTS FEATURED IN RECIPES

Sauce	Pack Size	Product Code
Less Sodium Soy Sauce	6 / ½ Gallon	00130
Less Sodium Teriyaki Glaze	6 / 5 lb. 6 oz. Pack	01657
Low Sodium Gluten-Free Sweet & Sour Sauce	6 / 5 lb. Pack	01656
Thai Style Chili Sauce	4 / 5 lb. 4 oz. Pack	01546
Sriracha Hot Chili Sauce	6 / 5 lb. 1 oz. Pack	01588
Preservative-Free Orange Sauce	4 / 5 lb. Pack	01575
Rice Vinegar	4 / 1 Gallon	02020

For more easy menu ideas,
product information
and pack sizes, please
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