

# Tofu Lo Mein



This nutritious meal highlights delicious Asian flavors with a bit of heat. Noodles, tofu, and vegetables combine for a satisfying dish.

## Ingredients for 100 servings:

- 43.75 pounds tofu, cubed
- 9 $\frac{1}{3}$  soy sauce, low sodium
- 4  $\frac{3}{4}$  cups canola/olive oil blend
- 3 $\frac{1}{8}$  cups sesame oil
- 11.63 lb spaghetti noodles, pasta, whole wheat
- 15 lb onion, yellow, 1/4-inch diced
- 2 $\frac{1}{2}$  lb cabbage, green, shredded
- 5 lb carrots, shredded (matchstick)
- 1 $\frac{2}{3}$  quarts teriyaki sauce, low sodium, preservative free
- 3 $\frac{3}{4}$  cups sesame oil
- 1 $\frac{1}{4}$  cups Sriracha hot chili sauce

## 16 servings:

- 7 pounds tofu, cubed
- 1 1/2 cup soy sauce, low sodium
- $\frac{3}{4}$  cup canola/olive oil blend
- 1/2 cup sesame oil
- 2 lb spaghetti noodles, pasta, whole wheat
- 2.5 lb onion, yellow, 1/4-inch diced
- 0.5 lb cabbage, green, shredded
- 1 lb carrots, shredded (matchstick)
- 1 cup teriyaki sauce, low sodium, preservative free
- 2/3 cup sesame oil
- $\frac{1}{4}$  cup Sriracha hot chili sauce

## Directions:

1. Preheat oven to 375°F.
2. Line sheet pans with parchment paper and spray lightly with vegetable oil spray.
3. Combine the diced tofu with soy sauce, vegetable oil, and toasted sesame oil. Mix until all pieces are coated.
4. Transfer the diced tofu to the prepared sheet pans.
5. Bake in the preheated oven for about 15 minutes, or until the tofu is caramelized.
6. Cook whole wheat pasta according to package directions to al dente.
7. Place 5 pounds cooked spaghetti in each hotel pan (if doing larger recipe).
8. Add onions, shredded cabbage and carrots to each hotel pan.
9. Pour teriyaki glaze into a liquid measuring container.
10. Whisk in toasted sesame oil, and sriracha.
11. Pour 4 1/4 cups plus 2 tablespoons sauce mixture over each pan (if doing larger recipe).
12. Cover and bake in the preheated 350°F. for about 30 – 40 minutes.
13. Remove from the oven. Stir to distribute the sauce and vegetables into the noodles.
14. Serve 1 1/2 cups of the vegetable lo mein noodles topped with 1 cup of the seasoned baked tofu.