

Sesame Ginger Tuna Sandwich

HACCP Process: #1 No Cook

Yield: 50 sandwiches

Size of Portions: 1 sandwich



Crediting Information per serving: 2 oz equivalent Meat/Meat Alternate; 2 oz equivalent Grains; 3/8 cup Vegetables (1/4 cup dark green vegetables subgroup, 1/8 cup other vegetables subgroup)

9.

INGREDIENTS

50 SERVINGS

DIRECTIONS

| | Weight | Measure |
|---|--------|-----------|
| Rice vinegar, unseasoned | | 2 cups |
| Vegetable oil | | 1 cup |
| Sesame oil | | 1/4 cup |
| Sugar, Brown (packed) | | 1 Tbsp |
| Garlic, fresh, peeled, grated or finely minced | 2 oz | 1/4 cup |
| Ginger root, fresh, peeled, grated or finely minced | 2 oz | 1/4 cup |
| Salt | | 1 1/2 tsp |
| Black pepper, ground | | 2 Tbsp |

Dressing:

In a large mixing bowl, combine the rice vinegar, vegetable oil, sesame oil, brown sugar, garlic, ginger, salt and black pepper, and whisk until well combined.

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INGREDIENTS

50 SERVINGS

DIRECTIONS

| | Weight | Measure |
|--|-----------|------------------|
| Tuna, Oregon Albacore, canned/pouched, drained | 6 lb 4 oz | |
| Carrot, fresh, peeled, grated | 1 lb | 1 qt 1 Tbsp |
| Onion, green, fresh, tops and bulbs, sliced on a bias 1/8 inch | 12 oz | 1 ½ cups |
| Radish, fresh, grated | 8 oz | 2 cups |
| Pepper, jalapeño, fresh, ribs and seeds removed, 1/8 inch dice | 3 oz | 1 cup |
| Cilantro, fresh, fine chop | 2 oz | 3 cups ½ cup |
| Arugula, fresh | 1 lb 9 oz | 1 gal 2 qt 1 cup |
| Bread, whole grain, sliced | | 100 slices |

Tuna Salad: Combine the tuna, carrot, onions, radish, jalapeños, and cilantro with the dressing. Mix to incorporate all of the ingredients, carefully breaking apart large tuna pieces.

Plate as instructed on follow page.

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To assemble the sandwich, top one slice of bread with $\frac{1}{4}$ cup arugula. Use a No. 8 scoop to portion approximately $\frac{1}{2}$ cup (3.25 oz by weight) of the tuna salad mixture onto the arugula. Top with an additional $\frac{1}{4}$ cup arugula, and finally the top slice of bread.

- CCP: Refrigerate until served.
- CCP: Hold for cold service at 41 degrees F or lower.



Approximate Nutrient Analysis Per Full Serving: 263 calories, 8 g fat, 1 g saturated fat, 0 g trans fat, 435 mg sodium, 29 g carbohydrates, 3 g dietary fiber, 20 g protein