

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)

INGREDIENTS	50 SERVINGS		DIRECTIONS
	Weight	Measure	
Rice vinegar, unseasoned		2 cups	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.
Vegetable oil		1 cup	
Sesame oil		¼ cup	
Sugar, Brown (packed)		1 Tbsp	
Garlic, fresh, peeled, grated or finely minced	2 oz	¼ cup	
Ginger root, fresh, peeled, grated or finely minced	2 oz	¼ cup	
Salt		1 ½ tsp	
Black pepper, ground		2 Tbsp	

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Tuna, Oregon Albacore, canned/pouched, drained	6 lb 4 oz		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.
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	Plate as instructed on follow page.
Bread, whole grain, sliced		100 slices	

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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