

Chef Ashley's World Famous Broccoli Salad

Makes: 50 servings

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Ingredients	Weight	Measure
Broccoli Florets		12 qt
Onions or Green Onions		10
Cilantro		1/3 cup
Rice Vinegar		1 cup
Honey		1/2 cup
Fresh ginger		5 Tbsp
Low Sodium Soy Sauce		5 Tbsp
Chow mein noodles		2 cup
Sesame Oil		2 Tbsp



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	89	
Total Fat		1.2%
Protein	NA	
Carbohydrates	NA	
Dietary Fiber	NA	
Saturated Fat		0%
Sodium	205 mg	

Directions

1. "The broccoli, cilantro and green onion were first washed, cut and put aside."
2. "Next we used a 5 gallon pot to boil water in which we blanched the broccoli for just one minute. This leaves a lot of nutritional factors in the broccoli."
3. "Then the broccoli was chilled in the fridge for 20 minutes."
4. "Next the sauces were mixed together, and the chow mein noodles were broken by hand into bite size pieces. "
5. "We mixed all the wet ingredients by hand together with the broccoli, and then topped the dish with the chow mein noodles."

