# CARROT RAISIN SALAD

**MEAL COMPONENT CONTRIBUTION:**
½ cup red/orange vegetable, 1/8 cup fruit
**NUMBER OF PORTIONS:** 50 **SIZE OF PORTION:** ½ cup
**RECIPE HACCP PROCESS:** #1 - No cook

FRUITS : VEGETABLES (RED/ORANGE)

| INGREDIENT | MEASURE (FOR 50 SERVINGS) |
|---|---|
| Carrots, Fresh, Raw, Shredded, #4003 | 5 pounds + 4 ounces |
| Raisins, Seedless, Dark, #2416 | 2 pounds |
| Milk, Reduced Fat, 2% Milkfat, Bulk | 1 cup |
| Mayonnaise, Reduced Calorie, Bulk, #2249 | 1 quart |
| Salt, Table, #2723 | 1 teaspoon |
| Nutmeg, Ground, #2713 | 1 teaspoon |
| Lemon Juice, Canned/Bottled, #2247 | 1/4 cup |

**DIRECTIONS**

1. Place the shredded carrots and raisins in a large bowl.
2. Combine the milk, mayonnaise, salt, nutmeg, and lemon juice to make the salad dressing.
3. Pour the dressing over carrots and raisins. Mix the salad lightly until thoroughly combined.
4. Cover the bowl and refrigerate the salad for 1 to 1 ½ hours.
   CCP: Refrigerate at 41 degrees F or lower until ready for service.
5. Mix the salad lightly before serving.
6. Portion with #8 scoop per serving, Each portion provides ½ cup of red/orange vegetable and 1/8 cup serving of fruit.
   CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers. Refrigerate at 41 degrees or lower.

**PRODUCTION NOTES**

Use USDA Foods or Department of Defense (DOD) foods when available.
Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.
If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.
”Culinary Techniques for Healthy School Meals: Preparing Vegetables“ provides seasoning and serving ideas for vegetables.

**NUTRIENTS PER SERVING**

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Calories | 142 | Dietary Fiber | 2.11 g | Sodium | 210.00 mg | Sat. Fat | 0.74 g |
| Carbohydrates | 20.83 g | Protein | 1.22 g | Total Fat | 6.70 g | Trans Fat | 0.00 g |

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**ILLUSTRATED PRESENTATION OF CARROT RAISIN SALAD**

1.

1 serving of Carrot Raisin Salad