

BROCCOLI SALAD WITH GRAPES (FRESH)-BRIGGS

MEAL COMPONENT CONTRIBUTION:

1/8 cup fruit and 1/2 cup dark green vegetable

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 2/3 cup

RECIPE HACCP PROCESS: #1 - No cook


FRUITS : VEGETABLES (DARK GREEN)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Grapes, Red/Green, Seedless, Bulk, Fresh, #4206	1 quart + 3 cups
Broccoli, Fresh Florets, #4000	7 pounds
Onions, Green Bunch, Fresh, #4010	15 medium
Mayonnaise, Reduced Calorie, Bulk, #2249	1 quart
Vinegar, White, Bulk, #2260	2 tablespoons
Bacon, Sliced, Precooked, #1050	6 ounces , crumbled

DIRECTIONS

1. If the grapes have not been pre-washed, rinse them under cool, clean, running water and drain them thoroughly.
2. If the broccoli florets are not prewashed, rinse them under cool, clean, running water and drain them well. If needed, cut the broccoli into bite-sized pieces.
3. Rinse and clean the green onions.
4. Cut the grapes in half.
Slice the green onions into thin round slices.
Dice the precooked bacon.
5. Combine the grape halves, broccoli, and sliced green onions together in a bowl.
6. Mix the mayonnaise and vinegar together. Pour the dressing over the broccoli mixture.
Toss it gently to coat all of the ingredients.
7. Sprinkle the bacon evenly over the pans of broccoli salad.
8. Cover the salad with plastic wrap and chill before serving. For best results, chill the salad for at least 2 hours before serving.

CCP: Cover and refrigerate at 41 degrees F or lower. Hold for service.

9. Portion into individual cups with a #6 scoop (2/3 cup serving) per serving. Each portion provides 1/8 cup fruit and 1/2 cup dark green vegetable.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

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.

SERVING NOTES

Salad may be portioned into individual containers before service.

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NUTRIENTS PER SERVING

Calories	110	Dietary Fiber	2.92 g	Sodium	215.00 mg	Sat. Fat	1.14 g
Carbohydrates	7.18 g	Protein	3.19 g	Total Fat	8.04 g	Trans Fat	0.00 g

ILLUSTRATED PRESENTATION OF BROCCOLI SALAD WITH GRAPES (FRESH)-BRIGGS

1.



1 serving of Broccoli Salad with Grapes