

GARDEN SALAD WITH DRESSING (FRESH)

MEAL COMPONENT CONTRIBUTION:

1/4 cup dark green vegetable, 1/8 cup red/orange vegetable, 1/8 cup other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 salad

RECIPE HACCP PROCESS: #1 - No cook



VEGETABLES (DARK GREEN) : VEGETABLES (OTHER) :
VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Cucumber with Peel, Whole, Fresh, #4101	4 pounds + 12 ounces
Radishes, Raw, Whole, Wash, Trim. #4011	1 pound
Tomatoes, Cherry, Fresh, #4108	4 pounds + 10 ounces
Spinach, Washed, Trimmed, Fresh, #4016	2 pounds
Romaine, Chopped, Fresh, #4017	4 pounds + 8 ounces
Dressing, Fat Free Ranch, 12 gram, #2208	50 packets
Dressing, Fat Free 1000 Island, 12 gram, #2207	50 packets

DIRECTIONS

- Wash the cucumbers, radishes and tomatoes under cool, running water and drain them well.
If the spinach and romaine are not prewashed, wash the salad greens under cool running water and drain them well.
- Slice the cucumbers ¼ " thick.
- Slice the radishes thinly.
- Slice cherry tomatoes in half.
- Slice the spinach into 1 " pieces.
- If needed, cut the romaine into bite-sized pieces.
- Cover all vegetables and refrigerate until assembly.
CCP: Hold under refrigeration (41 degrees or lower) until ready for assembly.
- Combine the radishes, spinach, and romaine in a large bowl.
- Measure ½ cup of radishes, spinach, and romaine mixture with 4 ounce spoodle in to individual portion containers. Top each salad with 3 slices of cucumbers and 3 cherry tomato halves.
CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes.
- Portion 1 salad and 1 packet of dressing per serving. Each portion provides ¼ cup serving of dark green vegetables, 1/8 cup red/orange vegetable, and 1/8 cup of other vegetables serving of other vegetables.
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 F or lower.

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PRODUCTION NOTES

If greens are not prewashed, rinse and drain thoroughly.

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	29	Dietary Fiber	1.04 g	Sodium	132.89 mg	Sat. Fat	0.03 g
Carbohydrates	1.91 g	Protein	0.86 g	Total Fat	0.19 g	Trans Fat	0.00 g