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
Salad Mix, Romaine Blend, #4013	4 pounds + 8 ounces
Dressing, Fat Free Ranch, 12 gram, #2208	50 packets
Dressing, Fat Free 1000 Island, 12 gram, #2206	50 packets

DIRECTIONS

1. Wash the cucumbers, radishes and tomatoes under cool, running water and drain them well. If the spinach and romaine are not prewashed, wash it under cool running water and drain it well.
2. Slice the cucumbers ¼" thick.
3. Slice the radishes thinly.
4. Slice the spinach into 1" pieces.
5. Combine all of the vegetables in a large bowl. Cover and chill until ready for service.
   CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes.
6. Portion into ½ cup servings of salad with 4 ounce spoodle in containers and serve with 1 packet of fat free dressing. Each portion provides ¼ cup serving of dark green vegetables, 1/8 cup red/orage 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.

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