

# TOSSED SALAD WITH DRESSING (FRESH)

## MEAL COMPONENT CONTRIBUTION:

¼ cup red/orange vegetable, ¼ cup dark green vegetable

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

**RECIPE HACCP PROCESS:** #1 - No cook



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

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Tomatoes, Cherry, Fresh, #4108	8 pounds + 10 ounces
Salad, Mesclun Mix, (Spring Mix), #4014	9 pounds + 10 ounces
Dressing, Fat Free Ranch, 12 gram, #2208	50 packets
Dressing, Fat Free 1000 Island, 12 gram, #2207	50 packets

## DIRECTIONS

1. Rinse the cherry tomatoes under cool, running water and drain them thoroughly. Slice the tomatoes in half.
2. If the greens are not prewashed, rinse them under cool, running water and drain them thoroughly. If necessary, slice the greens into bite-sized pieces.
3. Measure ½ cup of the salad mix into each container. Place 6 cherry tomato halves on top of the salad mix. Cover the salads and chill them until ready for service.

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

4. Portion 1 salad with 1 packet of fat free dressing per serving. Each portion provides ¼ cup red/orange vegetable and ¼ 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

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 Salads" provides seasoning and serving ideas for salads.

## NUTRIENTS PER SERVING

Calories	33	Dietary Fiber	0.69 g	Sodium	149.20 mg	Sat. Fat	0.02 g
Carbohydrates	6.36 g	Protein	1.36 g	Total Fat	0.13 g	Trans Fat	0.00 g

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## ILLUSTRATED PRESENTATION OF TOSSED SALAD WITH DRESSING (FRESH)

1.



1 serving of Tossed Salad.