

GREEN PEA SALAD (FROZEN)



VEGETABLES (STARCHY)

MEAL COMPONENT CONTRIBUTION:

½ cup starchy vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** ½ cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Peas, Green, Canned, Low Sodium, #2812	5 #10 cans
Onions, Red, Whole, Fresh, #4102	1 cup , chopped
Mayonnaise, Reduced Calorie, Bulk, #2249	3 quarts
Cheese, Mozzarella, Shredded, #1307	3 pounds

DIRECTIONS

1. Drain the liquid from the canned peas.
2. Finely dice the onions and place them in a large bowl.
3. Add the mayonnaise, cheese, and drained peas to the onions. Toss the mixture until all of the ingredients are combined.
4. Cover the salad and refrigerate it overnight for service the next day.

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

5. Portion with perforated 4 ounce spoodle or #8 scoop per serving. Each portion provides ½ cup starchy 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 Salads" provides seasoning and serving ideas for salads.

NUTRIENTS PER SERVING

Calories	208	Dietary Fiber	4.30 g	Sodium	394.69 mg	Sat. Fat	3.00 g
Carbohydrates	14.95 g	Protein	7.37 g	Total Fat	12.93 g	Trans Fat	0.00 g