

# CARROT, CELERY, AND CUCUMBER W/DRESSING

## MEAL COMPONENT CONTRIBUTION:

¼ cup red/orange vegetable, ¼ cup other vegetable

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** ½ cup

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



VEGETABLES (RED/ORANGE) : VEGETABLES (OTHER)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Carrots, Raw, Mini, Peeled, #4002	7 pounds + 8 ounces
Celery, Raw, Sticks, Cupped 4", #4006	3 pounds + 4 ounces
Cucumber with Peel, Whole, Fresh, #4101	4 pounds + 4 ounces
Dressing, Fat Free Ranch, 12 gram, #2208	50 packets
Dressing, Fat Free, 1000 Island, 1.5 ounce, #2206	50 packets

## DIRECTIONS

1. Rinse the cucumbers under cold running water. Drain them thoroughly.  
If carrots and celery sticks are not prewashed, rinse them under cool running water and drain them thoroughly.
2. Slice the cucumbers into ¼ inch thick rounds.
3. Portion ¼ cup carrot sticks in individual serving containers. Add 1/8 cup each of celery sticks and 1/8 cup sliced cucumbers to each container.  
Place one fat-free dressing packet in each container with vegetables.
4. Cover them with plastic wrap and place them in the refrigerator until ready for service.  
CCP: Cover and refrigerate at 41 degrees F or lower until ready for service.
5. Portion one container of vegetables and one packet of dressing per serving. Each portion provides ¼ cup of red/orange vegetable and ¼ cup of other 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.

## NUTRIENTS PER SERVING

Calories	35	Dietary Fiber	1.28 g	Sodium	155.65 mg	Sat. Fat	0.03 g
Carbohydrates	7.40 g	Protein	0.54 g	Total Fat	0.13 g	Trans Fat	0.00 g