

TOMATO AND CUCUMBER SALAD (FRESH)

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) |
|--|----------------------------|
| Tomatoes, Whole, Red, Ripe, Raw, #4110 | 13 pounds + 4 ounces |
| Cucumber with Peel, Whole, Fresh, #4101 | 7 pounds |
| Bell Peppers, Green, Whole, Fresh, #4104 | 3 pounds |
| Dressing, Italian, Bulk, #2239 | 2 quarts |

DIRECTIONS

1. Rinse the produce under cold running water, then drain thoroughly.
2. Core the tomatoes, then dice them into ½ inch pieces.
3. Slice the cucumbers into ¼-inch thick rounds.
4. Dice the green peppers into ½-inch pieces.
5. Mix the tomatoes, cucumbers, and bell peppers together in a large bowl and set it aside
CCP: Cover and refrigerate at 41 degrees F or lower until ready for service.
6. Pour the dressing over the tomatoes, cucumbers and bell peppers mixture. Toss the salad lightly to combine all of the ingredients.
7. Cover the bowl and refrigerate for at least 2 hours before service.
CCP: Cover and refrigerate at 41 degrees F or lower. Hold for service.
8. Portion with 4 ounce spoodle or #8 scoop per serving. Each portion provides ¼ cup red/orange vegetable and ¼ cup 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 Salads" provides seasoning and serving ideas for salads.

NUTRIENTS PER SERVING

| | | | | | | | |
|---------------|--------|---------------|--------|-----------|-----------|-----------|--------|
| Calories | 38 | Dietary Fiber | 1.15 g | Sodium | 240.69 mg | Sat. Fat | 0.02 g |
| Carbohydrates | 7.57 g | Protein | 0.83 g | Total Fat | 0.85 g | Trans Fat | 0.00 g |