

CARROTS AND RED PEPPERS WITH DIP


MEAL COMPONENT CONTRIBUTION:

½ cup red/orange vegetable

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** ½ cup

RECIPE HACCP PROCESS: #1 - No cook

VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Peppers, Sweet, Red, Raw	3 pounds + 8 ounces
Carrots, Raw, Mini, Peeled, #4002	4 pounds
Dressing, Fat Free Ranch, 12 gram, #2208	25 packets
Dressing, Fat Free 1000 Island, 12 gram, #2207	25 packets

DIRECTIONS

- Rinse peppers under cool, running water. Drain them thoroughly. Remove the seeds from the peppers and slice them into ½-inch slices.
- Place individual serving containers on sheet pans (18" x 26" x 1").
- Measure ¼ cup of baby carrots and ¼ cup of red pepper strips in each individual container. Cover and refrigerate them until ready for service.
 CCP: Refrigerate at 41 degrees F or lower.
- Portion 1 individual container of carrots and red pepper strips with 1 packet of fat free dressing per serving. Each portion provides ½ cup of red/orange 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	55	Dietary Fiber	1.68 g	Sodium	266.31 mg	Sat. Fat	0.02 g
Carbohydrates	11.39 g	Protein	0.65 g	Total Fat	0.18 g	Trans Fat	0.00 g