

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 pound(s) + 8 ounce(s)
Carrots, Raw, Mini, Peeled, #4002	4 pound(s)
Dressing, Fat Free Ranch, 12 gram, #2208	25 packet(s)
Dressing, Fat Free 1000 Island, 12 gram, #2207	25 packet(s)

DIRECTIONS

- Wash peppers, seed, and cut into strips.
- 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 individual containers. Cover and refrigerate.
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	40	Dietary Fiber	1.68 g	Sodium	146.31 mg	Sat. Fat	0.02 g
Carbohydrates	8.39 g	Protein	0.65 g	Total Fat	0.18 g	Trans Fat	0.00 g