

# TOMATOES WITH DIP (FRESH)


**MEAL COMPONENT CONTRIBUTION:**

½ cup red/orange vegetable

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

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

VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Tomatoes, Fresh, Grape, #4109	18 pounds + 4 ounces
Dressing, Fat Free Ranch, 12 gram, #2208	50 packets
Dressing, Fat Free 1000 Island, 12 gram, #2206	50 packets

**DIRECTIONS**

1. Rinse the tomatoes under cold running water, then drain them thoroughly. Either grape or cherry tomatoes may be used.
2. Place individual serving containers on sheet pans (18" x 26" x 1").
3. Place ½ cup tomatoes in each individual portion container.  
CCP: Cover and hold under refrigeration (41 degrees F or lower) until ready for service.
4. Portion 1 individual container and 1 packet 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	32	Dietary Fiber	0.91 g	Sodium	127.00 mg	Sat. Fat	0.04 g
Carbohydrates	6.84 g	Protein	0.70 g	Total Fat	0.27 g	Trans Fat	0.00 g