

TOMATOES AND CARROTS WITH DIP



MEAL COMPONENT CONTRIBUTION:

½ cup red/orange vegetable

NUMBER OF PORTIONS: 32 **SIZE OF PORTION:** ½ cup

RECIPE HACCP PROCESS: #1 - No cook

VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 32 SERVINGS)
Tomatoes, Fresh, Grape, #4109	2 quart(s)
Carrots, Raw, Mini, Peeled, #4002	2 quart(s) , strips or slices
Dressing, Fat Free Ranch, 12 gram, #2208	16 packet(s)
Dressing, Fat Free 1000 Island, 12 gram, #2207	16 packet(s)

DIRECTIONS

1. Wash tomatoes. Either grape or cherry tomatoes may be used.
2. Place individual serving containers on sheet pans (18" x 26" x 1").
 Portion ¼ cup baby carrots and ¼ cup tomatoes (about 3 cherry tomatoes) in individual containers. Cover and refrigerate until ready for service.
 CCP: Hold under refrigeration (41 degrees F or lower) until ready for service.
3. Portion 1 container of carrots and tomatoes with 1packet dressing per serving. Each protion provides ½ cup serving 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 Vegetables" provides seasoning and serving ideas for vegetables.

NUTRIENTS PER SERVING

Calories	35	Dietary Fiber	1.26 g	Sodium	144.40 mg	Sat. Fat	0.03 g
Carbohydrates	7.65 g	Protein	0.60 g	Total Fat	0.20 g	Trans Fat	0.00 g