

TOMATOES AND CARROTS WITH DIP


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	1 1/2 gallons + 1 cup
Carrots, Raw, Mini, Peeled, #4002	8 pounds
Dressing, Fat Free Ranch, 12 gram, #2208	50 packets
Dressing, Fat Free 1000 Island, 12 gram, #2207	50 packets

DIRECTIONS

- Rinse the tomatoes under cold running water, then drain them thoroughly. Either cherry or grape tomatoes may be used.
- Place individual serving containers on sheet pans (18" x 26" x 1").
Portion ¼ cup baby carrots and ¼ cup tomatoes (about 3 tomatoes) in each individual container. Cover and refrigerate them until ready for service.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service.

- Portion 1 container of carrots and tomatoes with 1 packet dressing per serving. Each portion 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	38	Dietary Fiber	1.43 g	Sodium	148.39 mg	Sat. Fat	0.03 g
Carbohydrates	8.20 g	Protein	0.65 g	Total Fat	0.21 g	Trans Fat	0.00 g