CHEF SALAD, ELEMENTARY

MEAL COMPONENT CONTRIBUTION:
2½ oz. eq. meat/meat alternate, ¼ cup red/orange vegetable, ½ cup dark green vegetable, and ½ cup other vegetable
NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 salad
RECIPE HACCP PROCESS: #1 - No cook

MEAT/MEAT ALTERNATE : VEGETABLES (RED/ORANGE) : VEGETABLES (DARK GREEN) : VEGETABLES (OTHER)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Turkey Ham, Diced, Frozen, #1074	6 pounds + 4 ounces
Turkey Breast, Smoked, #1073	6 pounds + 4 ounces
Eggs, Whole, Hard Cooked, #1323	50 eggs
Lettuce, Green Loose Leaf, Crowns, Fresh, #4007	4 pounds + 12
Salad Mix, Iceberg, Carrot, Red Cabbage, #4012	11 pounds + 8 ounces
Salad, Mesclun Mix, (Spring Mix), #4014	9 pounds + 10 ounces
Cucumber with Peel, Whole, Fresh, #4101	4 pounds
Tomatoes, Cherry, Fresh, #4108	9 pounds + 4 ounces
Cheese, American, Grated/Shredded, #1306	3 pounds + 2 ounces
Dressing, Fat Free, 1000 Island, 1.5 ounce, #2206	50 packets
Dressing, Fat Free Italian, 1.5 ounce, #2204	50 packets

DIRECTIONS

1. Defrost the turkey ham and smoked turkey in the refrigerator.
   CCP: Cover and refrigerate at 41 degrees F.
2. Cut the sliced turkey into ½-inch strips.
3. Cover the meat with plastic wrap and then place it in the refrigerator until ready for the salad assembly.
   CCP: Hold under refrigeration (41 degrees F. or lower) until ready for assembly.
4. Cut each egg in half, then cover them and place them in the refrigerator until ready for the salad assembly.
   CCP: Hold under refrigeration (41 degrees F. or lower) until ready for assembly.
5. If the lettuce greens are not prewashed, separate the leaves, then rinse them well under cool, running water. Drain the leaves thoroughly. If needed, chop them into bite-size pieces.
   Combine all of the salad greens. Then, place them in the refrigerator until ready for the salad assembly.
   CCP: Hold under refrigeration (41 degrees F. or lower) until ready for assembly.
6. Rinse the cucumbers and tomatoes under cold, running water, then thoroughly drain them.
7. Slice the cucumbers into ¼-inch thick rounds.
8. Slice the cherry tomatoes in half.
9. Cover the tomatoes and cucumbers and place them under refrigeration until ready to build the salads. Place them in the refrigerator until ready for the salad assembly.
   CCP: Hold under refrigeration (41 degrees F. or lower) until ready for assembly.

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DIRECTIONS

10. Weigh ½ ounce of cheese to determine the portion size. Place it in the refrigerator until ready for the salad assembly.

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

11. To assemble the salads:
    - Fill the salad container with 1½ cups of mixed greens.
    - Place 3 cherry tomatoes (6 halves) in the top right corner of the salad tray. (If using tomato wedges, place 2 tomato wedges in the top right corner and 2 in the front center of salad tray.)
    - In the center of mixed greens, add 1¾ ounces of diced turkey ham (or ham strips), 1 ounce of turkey strips and a ½ ounce of shredded cheese.
    - In the left top corner, add 1 half of a hard cooked egg.
    - Place 3 slices of cucumber in the bottom right corner.
    - In the bottom left corner, place a 1½ ounce packet of salad dressing.
    - Cover the salads and place them in the refrigerator until ready for service.

    CCP: Cover and refrigerate at 41 degrees F or lower until ready for service.

12. Portion 1 chef salad with 1 packet of dressing for 2½ oz. eq. meat/meat alternate, ¼ cup red/orange vegetable, ½ cup of dark green vegetable, and ½ cup of other vegetable.
    Crackers may be served as a menu item, but are not included in the recipe or in the nutritional analysis.

    CCP: Cover and refrigerate at 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 products 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 Meal" provides seasoning and serving ideas for salads.

MISCELLANEOUS NOTES

Chef Salad with Turkey & Egg (without cheese) - Omit the cheese and follow the rest of the instructions as indicated on the original recipe.

Vegetarian Salad (cheese and egg) - In Step 10 increase the cheese to 1 ounce per salad (or 6¼ pounds per 100 salads). Omit the turkey ham and turkey breast.

Vegetarian Salad (cheese only)- In Step 10 increase the cheese to 2 ounces per salad (or 12½ pounds per 100 salads). Omit the turkey-ham, turkey breast and egg from the recipe.

Other meats (such as ham, chicken, and turkey) may be used in place of the turkey-ham. Use the Food Buying Guide for School Meal Programs if additional ingredients are used.

The nutrient analysis and crediting must be re-calculated for alternate Chef Salad recipes.

Presentation Idea: Use a container that allows space for the salad and dressing. A clear plastic lid, for eye appeal, is preferable.

NUTRIENTS PER SERVING

Calories	231	Dietary Fiber	1.82 g	Sodium	1216.00 mg	Sat. Fat	4.81 g
Carbohydrates	16.25 g	Protein	17.34 g	Total Fat	11.04 g	Trans Fat	0.00 g