CHICKEN SALAD IN A TOMATO

MEAL COMPONENT CONTRIBUTION:
2½ oz. eq. meat/meat alternate, ½ cup red/orange vegetable, 1/8 cup other vegetable
NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 1 tomato with ½ cup of chicken salad
RECIPE HACCP PROCESS: #1 - No cook

MEAT/MEAT ALTERNATE : VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Tomatoes, Whole, Red, Ripe, Raw, #4110	50 each
Eggs, Whole, Hard Cooked, Medium, #1323	17 eggs
Chicken, Diced, Cooked, IQF, #1019	6 pounds + 12 ounces
Celery, Fresh, Diced, #4005	1 quart + 1 cup
Pickles, Relish, Sweet, #2816	2 cups
Pepper, Black, Ground, #2718	2 teaspoons
Mustard, Powder, Dry, #2712	1 tablespoon + 2 teaspoons
Mayonnaise, Reduced Calorie, Bulk, #2249	3 cups
Lettuce, Shredded, #4008	2 pounds + 6 ounces

DIRECTIONS

1. Rinse the tomatoes under cool running water, then drain them thoroughly.
2. Wedge the tomatoes into 8 sections. Do not cut the tomato more than ¾ of the way deep.
3. To make the chicken salad:
   - Chop the cooked eggs.
   - Combine the eggs, chicken, celery, pickle relish, pepper, dry mustard, and mayonnaise. Mix them lightly until well blended.
   - Cover and refrigerate the chicken salad until ready to use. (see recipe MRS 606 for detailed instructions and pictures on how to make Chicken Salad).

   CCP: Cover and refrigerate at 41 degrees F or lower until ready for assembly.
4. To assemble the salads:
   - In the bottom of a 12-ounce plastic bowl, place ¼ cup of shredded lettuce.
   - Place a wedged tomato on top of the lettuce.
   - Portion ½ cup (#8 scoop) of the chicken salad in each wedged tomato.
   - Cover with plastic wrap and refrigerate until ready for service.
5. Portion 1 tomato with ½ cup of chicken salad per serving. Each portion provides 2½ oz. eq. meat/meat alternate, ½ cup red/orange vegetable, 1/8 cup other 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 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.

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MISCELLANEOUS NOTES

Presentation Idea: Line salad container with lettuce leaves prior to arranging the tomato and chicken salad.

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

NUTRIENTS PER SERVING

Calories	196	Dietary Fiber	2.02 g	Sodium	287.00 mg	Sat. Fat	1.76 g
Carbohydrates	9.57 g	Protein	21.37 g	Total Fat	8.62 g	Trans Fat	0.00 g

ILLUSTRATED PRESENTATION OF CHICKEN SALAD IN A TOMATO

1.

1 serving of a Chicken Salad in a Tomato shown with optional lettuce leaf used as a garnish instead of the shredded lettuce.