

# CHICKEN SALAD SALAD

**MEAL COMPONENT CONTRIBUTION:**

2¾ oz. eq. meat/meat alternate, ¼ cup fruit, ¼ cup red/orange vegetable, ½ cup dark green vegetable, and 5/8 cup other vegetable,

**NUMBER OF PORTIONS:** 50 **SIZE OF PORTION:** 1 salad

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



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

INGREDIENT	MEASURE (FOR 50 SERVINGS)
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
Eggs, Whole, Hard Cooked, #1323	25 eggs
Cucumber with Peel, Whole, Fresh, #4101	2 pounds + 2 ounces
Tomatoes, Cherry, Fresh, #4108	4 pounds + 10 ounces
Salad Mix, Iceberg, Carrot, Red Cabbage, #4012	9 pounds + 8 ounces
Salad, Mesclun Mix, (Spring Mix), #4014	6 pounds + 12 ounces
Lettuce, Green Loose Leaf, Crowns, Fresh, #4007	2 pounds + 6 ounces
Grapes, Red/Green, Seedless, Bulk, Fresh, #4206	3 quarts + 1/2 cup
Dressing, Fat Free Italian, 1.5 ounce, #2204	50 packets

**DIRECTIONS**

- To make the chicken salad:
  - Chop 17 cooked eggs.
  - Combine the chopped eggs, chicken, celery, pickle relish, pepper, dry mustard, and mayonnaise. Mix them lightly until well blended
  - Cover and refrigerate the chicken salad until ready for salad assembly. (See recipe MRS 606 for detailed instructions and pictures on how to make the Chicken Salad)

CCP: Hold under refrigeration (41 degrees F or lower) until ready for salad assembly.
- Slice 25 eggs in half. Cover and refrigerate the until ready for the salad assembly.
 

CCP: Cover and refrigerate at 41 degrees F or lower until ready for salad assembly.
- Rinse the grapes, cucumbers, and tomatoes under cold running water, then drain them thoroughly.
- Slice the cucumbers into ¼-inch thick rounds.
- Slice the cherry tomatoes in half.
 

Place the cucumbers and tomatoes in the refrigerator until ready for the salad assembly.

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

# CHICKEN SALAD SALAD

## DIRECTIONS

6. If the lettuce greens are not prewashed, separate the leaves, then rinse them well under cool, running water, and drain thoroughly.

If needed, chop the lettuce into bite-size pieces.

Combine the salad greens together. Then cover and refrigerate them until ready for salad assembly.

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

7. To assemble the Salads:

- Fill each salad container with 2 cups of mixed greens.
- Portion ½ cup (#8 scoop) of the chicken salad in the center of mixed greens. Garnish the scoop with paprika, if desired.
- Place 6 tomato halves around the chicken salad mixture.
- Place 3 slices of cucumber in the top right corner of the salad container.
- Place 1 egg half in the bottom left corners of the salad container.
- Place ¼ cup of grapes or other fresh fruit in the top left corner of the salad container.
- Place 1½ ounces packet of Fat Free Italian dressing in bottom right corner of the salad container.
- Cover the salads and place them in the refrigerator until ready for service.

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

8. Portion one Chicken Salad Salad per serving. Each portion provides 2¾ oz. eq. meat/meat alternate, ¼ cup fruit, ¼ cup red/orange vegetable, ½ cup dark green vegetable, and 5/8 cup other vegetable.

Crackers or other grain may be offered with the salad, but they should be menued as a separate item, as the crackers are not included in the nutrient analysis or crediting of this recipe.

CCP: Hold under refrigeration (41 degrees F or lower). 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.

## SERVING NOTES

If fruit other than grapes is used in this recipe, the nutrient analysis will need to be re-calculated.

Crackers or other grain may be offered with this salad, but the grain should be menued as another item because crackers are not included in this recipe or in the nutrient analysis.

## MISCELLANEOUS NOTES

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

## NUTRIENTS PER SERVING

Calories	286	Dietary Fiber	2.89 g	Sodium	901.00 mg	Sat. Fat	2.56 g
Carbohydrates	20.54 g	Protein	26.13 g	Total Fat	11.15 g	Trans Fat	0.00 g