

GRILLED CHICKEN SALAD-MERCHANTS

MEAL COMPONENT CONTRIBUTION:

3 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, ¼ cup red/orange vegetable, 5/8 cup dark green vegetable, and ½ cup other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 salad

RECIPE HACCP PROCESS: #2 - Same day service



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

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Bread, Pullman, WGR, #1225	100 slices
Pan Release Spray, Butter Flavored #2516	100 second spray
Spice Blend MS, Italian, No Salt, #2734	1/2 cup + 1 tablespoon
Chicken Fillets, Grilled, #1020	100 fillets
Cucumber with Peel, Whole, Fresh, #4101	4 pounds
Tomatoes, Whole, Red, Ripe, Raw, #4110	9 pounds + 12 ounces
Cheese, Mozzarella, Shredded, #1307	4 pounds
Cheese, American, Grated/Shredded, #1306	4 pounds
Salad Mix, Iceberg, Carrot, Red Cabbage, #4012	15 pounds + 2 ounces
Salad, Mesclun Mix, (Spring Mix), #4014	13 pounds + 4 ounces
Broccoli, Fresh Florets, #4000	2 pounds
Dressing, Fat Free, 1000 Island, 1.5 ounce, #2206	100 packets

DIRECTIONS

- To make croutons:
 - Place bread in the freezer prior to cutting it into cubes.
 - Cut each slice of bread 4 x 4 (16 cubes per slice of bread).
 - Place cut bread cubes onto a sheet pan sprayed with butter flavored pan release spray.
 - Spray bread with butter flavored pan release spray and sprinkle with Italian Spice Blend.
 - Mix gently to incorporate seasoning.
 - Toast in a oven preheated to 325 degrees F for approximately 30 - 45 minutes.
 - Bread cubes should be dried out but not burned.
 - After croutons have cooled, portion 1 ounce croutons in soufflé cup. See recipe MRS 1317, Croutons (Made), for detailed directions and photographs of this recipe.
- Place the frozen chicken fillets in a single layer on a lined sheet pan (18" x 26" x 1").
Bake the fillets according to the package directions. Overcooking will cause the fillets to be dry.
Cover the pan and refrigerate until chilled or until ready for salad assembly.

CCP: Heat to 135 degrees F or higher for 15 seconds at the completion of the cooking process. If manufacturer instructions on package or case have a higher temperature, follow those recommendations.
 CCP: Cover and refrigerate at 41 degrees F or lower until ready for salad assembly.
- Rinse the cucumbers and tomatoes under cold running water, then drain them thoroughly.
- Slice the cucumbers into ¼-inch thick rounds.

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DIRECTIONS

5. Core the tomatoes then slice the whole tomatoes into wedges (8 wedges per tomato).
Cover the cucumbers and tomatoes and place them under refrigeration until ready to assemble the salad.
CCP: Cover and refrigerate at 41 degrees F or lower until ready for salad assembly.
6. Combine the shredded cheeses. Weigh 1 ounce to determine the portion size for each salad. Place the cheese in the refrigerator until ready for the salad assembly.
CCP: Cover and refrigerate at 41 degrees F or lower until ready for salad assembly.
7. Cut the cooked chicken fillets into strips and portion 1 fillet per salad.
8. 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.
9. To assemble the salads:
 - Place 2 cups of lettuce in each salad container.
 - Place 3 slices of cucumbers on top of each lettuce bed on the left side.
 - Place two wedges of tomato on top of lettuce on the right side.
 - Place 1 broccoli floret on each side of tomato wedges (2 broccoli florets per salad).
 - Place 1 portion of chicken on the left-center of the lettuce bed.
 - Place 1 ounce of shredded cheese on the lettuce bed.
 - Place 1 soufflé cup of croutons and 1½ ounce packet of 1000 Island salad dressing in salad plate.
 - Cover the container and refrigerate until ready for service.
 CCP: Hold under refrigeration (41 degrees F or lower) until ready for service.
10. Portion 1 grilled chicken salad per serving. Each portion provides 3 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, ¼ cup red/orange vegetable, 5/8 cup dark green vegetable, and ½ cup other vegetable

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

Two packets of purchased croutons or 1 serving of MRS# 1317 Courtons (made) can be used instead of school made croutons. The nutrient analysis must be re-calculated

MISCELLANEOUS NOTES

Presentation Ideas: Use clear salad containers to allow space for the salad, dressing, and croutons. A clear plastic lid, for eye appeal, is preferable.

Do not refrigerate croutons. When the salad is ready for service, the croutons should be placed in the container.

NUTRIENTS PER SERVING

Calories	424	Dietary Fiber	3.96 g	Sodium	1310.00 mg	Sat. Fat	7.92 g
Carbohydrates	36.69 g	Protein	25.84 g	Total Fat	19.63 g	Trans Fat	0.00 g

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ILLUSTRATED PRESENTATION OF GRILLED CHICKEN SALAD-MERCHANTS

1.



1 serving of a Grilled Chicken Salad.