

CHEF SALAD-USDA FOODS

MEAL COMPONENT CONTRIBUTION:

2½ oz. eq. meat/meat alternate, ¼ cup red/orange vegetable, ½ cup dark green vegetable, and 5/8 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, Deli, Smoked #A550-USDA Foods	6 pounds + 4
Eggs, Whole, Hard Cooked, #1323	50 eggs
Lettuce, Green Loose Leaf, Crowns, Fresh, #4007	4 pounds + 12 ounces
Salad Mix, Iceberg, Carrot, Red Cabbage, #4012	15 pounds + 4 ounces
Salad, Mesclun Mix, (Spring Mix), #4014	14 pounds + 12 ounces
Cucumber with Peel, Whole, Fresh, #4101	4 pounds
Tomatoes, Cherry, Fresh, #4108	9 pounds + 4 ounces
Cheese, American, Grated/Shredded, USDA	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

- Defrost the turkey ham and smoked turkey in the refrigerator.
CCP: Cover and refrigerate at 41 degrees F.
- Cut the sliced turkey into ½-inch strips.
- Cover the meat with plastic wrap and then place it in the refrigerator until ready for the salad assembly.
CCP: Cover and refrigerate at 41 degrees F or lower until ready for service.
- Cut each egg in half, then cover them and place them in the refrigerator until ready for the salad assembly.
CCP: Cover and refrigerate at 41 degrees F or lower until ready for service.
- 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.
- Rinse the cucumbers and tomatoes under cold, running water, then thoroughly drain them.
- Slice the cucumbers into ¼-inch thick rounds.
- Slice the cherry tomatoes in half. Then 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 service.
- Weigh ½ ounce of cheese to determine the portion size.

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DIRECTIONS

10. To assemble the salads:

- Fill the salad container with 2 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 1 ounce 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 hard cooked egg half.
- 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.

11. 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 5/8 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 is recommended. A clear plastic lid, for eye appeal, is preferable.

NUTRIENTS PER SERVING

Calories	244	Dietary Fiber	2.19 g	Sodium	1141.00 mg	Sat. Fat	4.81 g
Carbohydrates	17.62 g	Protein	18.15 g	Total Fat	11.27 g	Trans Fat	0.00 g