

TRIO SALAD PLATE-MERCHANTS

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 2 oz. eq. enriched grain, and 1/4 cup other vegetable

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

RECIPE HACCP PROCESS: #3 - Complex food preparation



MEAT/MEAT ALTERNATE : ENRICHED GRAIN : VEGETABLES
(OTHER)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Water, Municipal, Mississippi	2 1/2 gallons
Pasta, Spiral, Enriched, #2136	3 pounds
Dressing, Lite Ranch, PC, 1.5 ounce #2205	32 ounces
Milk, Fluid, Buttermilk, Cultured, Lowfat	1 quart
Mayonnaise, Reduced Calorie, Bulk, #2249	1 quart
Salt, Table, #2723	2 teaspoon
Spice Blend MS, Italian, No Salt, #2734	2 teaspoons
Tomatoes, Fresh, Grape, #4109	2 pounds
Broccoli, Fresh Florets, #4000	1 pound
Spice Blend MS, Italian, No Salt, #2734	2 teaspoons
Chicken, Diced, Cooked, IQF, #1019	3 pounds + 6 ounces
Eggs, Whole, Hard Cooked, #1323	8 1/2 eggs
Celery, Fresh, Diced, #4005	2 1/2 cups
Pickles, Relish, Sweet, #2816	1 cup
Pepper, Black, Ground, #2718	1 teaspoon
Mustard, Powder, Dry, #2712	2 1/2 teaspoons
Mayonnaise, Reduced Calorie, Bulk, #2249	1 1/2 cups
Pimentos, Diced, Canned, #2817	3/4 cup
Cheese, American, Grated/Shredded, USDA	3 pounds + 4 ounces
Mayonnaise, Reduced Calorie, Bulk, #2249	2 cups
Strawberries, Fresh, Whole, #4214	2 pints
Lettuce, Green Loose Leaf, Crowns, Fresh, #4007	2 pounds + 6 ounces
Crackers, Saltines, Enriched Grain, 4 count package, #2130	200 packets

DIRECTIONS

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1. FOR PASTA SALAD

- For vegetables: Rinse the tomatoes under clean, cold, running water, then drain them thoroughly. Slice the grape tomatoes in half. If broccoli has not been prewashed, rinse it under clean, cold, running water, then drain it thoroughly. If needed, cut florets into bitesize pieces. Cover the vegetables with plastic wrap and refrigerate them until time for assembly.
- For the pasta: Heat the water to a rolling boil. Slowly add the pasta to the boiling water. Cook the pasta for 8 to 10 minutes. Drain the pasta well in a colander. Rinse the pasta in a colander under cold, running water. Place the pasta in a large bowl.

Pasta amounts are based on USDA Food Buying Guide. Overcooking or hot holding pasta for long periods of time will increase the volume and the yield. Pasta may also be cooked in a steamer or combi oven. Different steamers and combi ovens vary in time and settings, so check with the manufacturer for correct instructions.

- Toss the vegetables gently with cooled pasta. Combine the salt, Italian Spice Blend, ranch dressing mix, buttermilk, and mayonnaise. Mix well to combine. Pour the ranch dressing mix over the pasta and vegetables. Stir well to combine.
- Cover the salad and cool it in the refrigerator overnight.
- Toss the salad before portioning.

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

2. FOR THE CHICKEN SALAD:

- Thaw the diced chicken in the refrigerator, then drain it thoroughly.
- Chop the hard-cooked eggs.
- Combine the chicken, eggs, celery, pickle relish, pepper, dry mustard, and mayonnaise. Mix the ingredients lightly, until they are well blended. Cover and refrigerate the chicken salad until ready for assembly.

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

3. FOR THE PIMENTO CHEESE:

- Drain the liquid from the pimento peppers.
- Combine the shredded cheese, mayonnaise, and drained pimentos. Mix the ingredients lightly until they are well blended.
- Cover and refrigerate until ready for assembly.

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

4. Rinse the strawberries under cool running water. Then drain them thoroughly. Slice into a fan shape. Cover and refrigerate until ready for 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, then drain them thoroughly. Cut the leaves to use as liners for each salad container. Cover the lettuce and refrigerate until ready for assembly.

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

6. To assemble the salads:

- In the center of the large compartment of the salad container, place a lettuce leaf liner.
- With a #16 scoop, portion ¼ cup of the chicken salad on the left of the lettuce leaf.
- With a #12 scoop, portion 1/3 cup of the pimento cheese to the right of the chicken salad.
- Place 2 fanned strawberries between the salads.
- With a #6 scoop, portion ¾ cup of pasta salad in the top right section.
- Place 2 packets of saltine crackers in the top left section.
- Close and refrigerate for service.

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

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7. Portion one Trio Salad Plate for serving. Each portion provides 2 oz. eq. meat/meat alternate, 2 oz. eq. enriched grain and ¼ cup other vegetable.
- CCP: Cover and hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers. Refrigerate at 41 degrees F or lower.

NUTRIENTS PER SERVING

Calories	615	Dietary Fiber	6.30 g	Sodium	1661.00 mg	Sat. Fat	8.19 g
Carbohydrates	65.00 g	Protein	25.18 g	Total Fat	27.96 g	Trans Fat	0.00 g