

# TUNA SALAD SALAD-MERCHANTS

**MEAL COMPONENT CONTRIBUTION:**

2 ½ oz. eq. of 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	8 eggs
Tuna, Chunk Light, #2518	3 pouches
Celery, Fresh, Diced, #4005	1 quart + 3 1/2 cups
Onions, Chopped, Dehydrated, #2738	1/3 cup + 2 tablespoons
Pickles, Relish, Sweet, #2816	1 cup
Mustard, Powder, Dry, #2712	2 teaspoons
Mayonnaise, Reduced Calorie, Bulk, #2249	1 quart + 1 cup
Cucumber with Peel, Whole, Fresh, #4101	4 pounds
Tomatoes, Cherry, Fresh, #4108	4 pounds + 10 ounces
Lettuce, Green Loose Leaf, Crowns, Fresh, #4007	2 pounds + 6 ounces
Salad Mix, Iceberg, Carrot, Red Cabbage, #4012	7 pounds + 12 ounces
Salad, Mesclun Mix, (Spring Mix), #4014	5 pounds
Eggs, Whole, Hard Cooked, #1323	25 eggs
Grapes, Red/Green, Seedless, Bulk, Fresh, #4206	4 pounds + 6 ounces
Dressing, Lite Ranch, PC, 1.5 ounce #2205	50 packets

**DIRECTIONS**

- To make tuna salad:
  - Chop 8 hard cooked eggs.
  - Drain and then flake the tuna into a large mixing bowl.
  - Combine the tuna, celery, onions, pickle relish, dry mustard, mayonnaise, and chopped eggs.
  - Mix the ingredients lightly, until well blended.
  - Cover the tuna salad and place it in the refrigerator until ready to use.
  - Cover and refrigerate the tuna salad until ready for service. (See recipe MRS 3580 for detailed instructions and pictures on how to make the Tuna Salad)

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

- Slice the remaining 25 eggs in half. Store them in the refrigerator until ready to assemble the salads.

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

- Rinse the grapes, 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. 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.
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 tuna salad in the center of mixed greens. Garnish the scoop with paprika, if desired.
  - Place 3 cherry tomatoes (or 6 tomato halves) around the tuna salad mixture.
  - Place 3 slices of cucumber in the top right corner of the salad container.
  - Place 1 egg half in the bottom left corner of the salad container.
  - Place ¼ cup of grapes or other fresh fruit in the top left corner of the salad container.
  - Place 1 packet of Lite Ranch dressing in the 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. Check temperature every 30 minutes.
8. Portion one tuna salad salad per serving. Each portion provides 2 ½ oz. eq. of 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) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

## PRODUCTION NOTES

Use commodity products when available.

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

Crackers or other grain may be offered with salad, but should be menued as another item because crackers are not included in the 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	419	Dietary Fiber	2.75 g	Sodium	960.00 mg	Sat. Fat	3.90 g
Carbohydrates	25.57 g	Protein	22.36 g	Total Fat	25.27 g	Trans Fat	0.00 g