

# WALDORF FRUIT SALAD



FRUITS

**MEAL COMPONENT CONTRIBUTION:**

½ cup fruit

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** ½ cup**RECIPE HACCP PROCESS:** #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Fruit Cocktail, Canned in Lite Syrup, Bulk, #2404	2 #10 cans
Apples, Raw, Red Delicious, #4202	6 pounds
Lemon Juice, Canned/Bottled, #2247	1 cup
Celery, Fresh, Diced, #4005	1 quart
Raisins, Seedless, Dark, #2416	1 pound + 4 ounces
Mayonnaise, Reduced Calorie, Bulk, #2249	2 cups
Nutmeg, Ground, #2713	1 teaspoon

**DIRECTIONS**

1. Chill the fruit cocktail overnight in the refrigerator.
2. Open the cans of fruit cocktail and drain the fruit. Place the fruit in a large bowl.
3. Rinse the apples under cool, running water, then drain them thoroughly. Cut the apples into bite-sized pieces. Sprinkle the apples with lemon juice to prevent discoloration.
4. Combine the apples, drained fruit cocktail, celery, raisins, mayonnaise, and nutmeg (nutmeg is optional). Mix the ingredients lightly to combine.
5. Cover with plastic wrap and refrigerate until ready to serve. For best results, serve salad the same day that it is prepared.  
CCP: Refrigerate fruit for service at 41 degrees F or lower.
6. Portion with #8 scoop (½ cup) in individual portion containers per serving. Each portion provides ½ cup of fruit.  
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.

**PRODUCTION NOTES**

Use USDA Foods or Department of Defense (DoD) products when available.

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if different varieties of fruit are used (such as canned).

If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.

"Culinary Techniques for Healthy School Meals: Preparing Fruits" provides seasoning and serving ideas for fruits.

**NUTRIENTS PER SERVING**

Calories	76	Dietary Fiber	1.62 g	Sodium	43.19 mg	Sat. Fat	0.19 g
Carbohydrates	15.90 g	Protein	0.53 g	Total Fat	1.74 g	Trans Fat	0.00 g

# WALDORF FRUIT SALAD

## ILLUSTRATED PRESENTATION OF WALDORF FRUIT SALAD

1.



1 serving of Waldorf Fruit Salad