



825031 - BBQ Ranch Shaker Salad

Source: K12 Culinary

Number of Portions: 20

Size of Portion: each

Components:

Meat/Alt: 2 oz

Grains: 2 oz

Fruit:

Vegetable: 0.75 cup

Milk:

Recipe Subgroups:

Vegetable, Red/Orange

Vegetable, Starchy

Vegetable, Dark Green

Whole Grain Rich

Attributes:

Entree Salads

HACCP Process: #3 Complex Food Preparation

Ingredients	Measures	Instructions
050420 CHICKEN, DICED, COOKED, IQF, MEAT ONLY..... 050486 CORN, YELLOW, WHOLE KERNEL, COOKED FROM...	1 lb + 14 ozs 1 lb + 13 ozs	Thaw diced chicken and corn overnight in refrigerator. Place 1 lb 13 oz of corn in 2 inch deep perforated steamtable pan. CCP: Steam until minimum internal temperature of 135 degrees F. CCP: Cool to 41 degrees F. within 4 hours. CCP: Hold at 41 degrees F. or lower.
050450 RICE, LONG GRAIN, BROWN, QUICK-COOKING,..... 014429 WATER,MUNICIPAL.....	2 lbs + 10 ozs 1 qt + 1 PINT	Prepare brown rice. The rice is best if made the day before service. Spray 2 inch full size steamtable pan with pan release. Add 1 ½ qt. of water and 2 lbs. 10 oz. (~1 ½ qts.) of brown rice. Stir to distribute rice evenly (additional cup of water may be needed if using combi oven/steamer). Steam uncovered for approximately 23 to 25 minutes until water is completely absorbed. Cool rice to 41 degrees F following two stage cooling method. CCP: Heat to 135° F or higher. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours CCP: Hold for cold service at 41° F or lower.
825012R Ranch Dressing: School Made..... 825097 Sauce, BBQ, gallon, Cattlemans (Frenchs).....	1 qt 1 cup	Prepare the dressing: Whisk together the ranch dressing and BBQ sauce. Fill gallon container with dressing. Insert condiment pump and place 1/4 cup (2 fluid ounces) of dressing into 2 oz portion cups and cover with lid. CCP: Hold for cold service at 41° F or lower.
011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE.....	2 lbs + 11 OZS (AP)	Weigh then rinse tomatoes under running water. Using a tomato scoop, remove the core. Dice into ½" pieces.

		CCP: Hold for cold service at 41° F or lower.
011251 LETTUCE,COS OR ROMAINE,RAW..... 011165 CORIANDER (CILANTRO) LEAVES,RAW.....	14 ozs 2 1/2 cups	<p>Weigh pre-cut lettuce. Purchased, precut romaine does not require rinsing.</p> <p>If using head lettuce, remove the stem end of the romaine head using a chef's knife. Make lengthwise cuts, then turn head ¼ turn and cut across to make 1 to 2 inch dices. Note: 1 lb. 5 oz. equals approximately 14 oz. chopped romaine. Rinse cut romaine under running water and drain well. (Recommend commercial salad spinner).</p> <p>Rinse cilantro under running water and drain well using a disposable paper towel. Using a chef's knife, cut into fine strips using the chiffonade method.</p> <p>CCP: Hold for cold service at 41° F or lower.</p>
050343 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SH.....	10 ozs	<p>Layer ingredients in a 20 oz. shaker salad cup in the following order:</p> <ul style="list-style-type: none"> • 1 cup brown rice • ¼ cup diced tomatoes • ¼ cup corn • 2 Tbsp. chopped cilantro • 1.5 oz. diced chicken • .5 oz. shredded cheese • ½ cup romaine lettuce <p>Place the 4 oz. insert over the salad (cup will be packed full). Place the filled 2 oz. dressing cup on top of the 4 oz. insert, and then cover with domed lid.</p> <p>CCP: Hold for cold service at 41° F or lower.</p>
		<p>Instruct students how to make salad by removing tops from salad and dressing container. Pour dressing on salad. Cover with domed lid. Shake it up and enjoy!</p> <p>(Note: This salad includes 3/4 cup vegetable required for offer vs serve (OVS) provision. Be sure to allow students in grades 9-12 to select additional vegetables as required by the meal pattern if they desire. For non-OVS, plan the meals to include a total of 1 cup vegetable at grades 9-12.)</p>

*Nutrients are based upon 1 Portion Size (each)

Calories	534 kcal	Cholesterol	61 mg	Sugars	*5.9* g	Calcium	207.94 mg	37.58%	Calories from Total Fat
Total Fat	22.30 g	Sodium	397 mg	Protein	24.73 g	Iron	2.06 mg	7.98%	Calories from Saturated Fat
Saturated Fat	4.74 g	Carbohydrates	62.92 g	Vitamin A	2502.4 IU	Water ¹	*165.55* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	5.04 g	Vitamin C	10.3 mg	Ash ¹	*0.78* g	47.12%	Calories from Carbohydrates
								18.52%	Calories from Protein
<p>*N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient</p> <p>* - denotes combined nutrient totals with either missing or incomplete nutrient data</p> <p>¹ - denotes optional nutrient values</p> <p>² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.</p>									