



825043 - BLT Cobb 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:

Whole Grain Rich
Vegetable, Red/Orange
Vegetable, Other
Vegetable, Dark Green

Attributes:

Entree Salads
Meat/Meat Alter
Vegetables
Grain

HACCP Process: #3 Complex Food Preparation

Ingredients	Measures	Instructions
050420 CHICKEN, DICED, COOKED, IQF, MEAT ONLY.....	1 lb + 4 ozs	Thaw diced chicken overnight in refrigerator.
001129 EGG,WHL,CKD,HARD-BOILED.....	10 each, large	Prepare hard-boiled eggs by placing eggs in a 2 or 4 inch perforated pan. Place eggs in steamer and cook for 12 to 14 minutes. Egg white and yolks should be firm and solid. Rinse eggs under running water and place in the refrigerator for at least 2 to 3 hours to completely cool. Eggs may be prepared a day in advance. Remove eggshell, rinse under running water, then dice.
050460 ROTINI, WHOLE GRAIN, COOKED, NO SALT ADD..... 826508 Olive Oil Blend 90/10, Colavita L116.....	2 lbs + 2 OZS (dry) 2 Tbsp	Prepare pasta: Place 2 inch deep full size perforated pan inside 2 inch deep solid, full size steamtable pan. Weigh pasta and add 2 lbs. 2 oz. (~1 ½ qts.) of rotini pasta. Cover completely with water, approximately 1 gal. Steam until pasta is al dente - fully cooked, but firm. Do not overcook. Rinse with cold water and drain well. Toss with olive oil blend to prevent sticking. Best if made the day before. 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 and Serve at 41 degrees F. or lower.
825012R Ranch Dressing: School Made.....	1 qt + 1 cup	Fill gallon container with dressing. Insert condiment pump and fill 2 oz. cups with dressing. Cover each cup with lid. CCP: Hold and Serve at 41 degrees F. or lower.
011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE.... 011205 CUCUMBER,WITH PEEL,RAW.....	2 lbs + 11 OZS (AP) 1 lb + 13 ozs	Weigh then rinse tomatoes and cucumbers under running water. Using a tomato scoop, remove the core from tomatoes. Dice tomatoes and cucumbers into ½" pieces.

011251 LETTUCE,COS OR ROMAINE,RAW.....	14 ozs	Weigh lettuce. Purchased, precut romaine does not require rinsing. (Note: When using head lettuce, rinse lettuce heads under running water. Using a chef's knife, remove the stem end of the romaine head. 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). CCP: Hold and Serve at 41 degrees F. or lower.
826440 Turkey Bacon, Pre-cooked Jennio 271106.....	2 1/2 CUPS (diced)	Chop precooked turkey bacon into ¼ inch dices to create bacon bits.
050343 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SH...	10 ozs	Layer ingredients in a 20 oz. cup in the following order: 1 cup rotini ¼ cup diced tomatoes ¼ cup diced cucumber 1 oz. diced chicken ½ hard-boiled egg, diced (about 2 Tbsp.) ½ oz. shredded cheese 2 Tbsp. turkey bacon bits ½ cup romaine lettuce Place the 4 oz. insert over the salad (cup will be packed full). Place the 2 oz. dressing cup in the 4 oz. insert, and then cover with domed lid. CCP: Hold and Serve at 41 degrees F. or lower.
		Instruct students how to make salad, remove tops from salad and dressing container. Pour dressing on salad. Cover with domed lid, and shake it up! (Note: This salad includes 3/4 cup vegetable required for offer vs serve (OVS) provision. Be sure to allow students to select additional vegetables as required by the meal pattern if they desire. For non-OVS meals, plan the meals to include a total of 1 cup vegetable at grades 9-12.)

*Nutrients are based upon 1 Portion Size (each)

Calories	635 kcal	Cholesterol	146 mg	Sugars	*4.9* g	Calcium	254.53 mg	41.56%	Calories from Total Fat
Total Fat	29.32 g	Sodium	321 mg	Protein	31.44 g	Iron	3.71 mg	8.36%	Calories from Saturated Fat
Saturated Fat	5.90 g	Carbohydrates	70.55 g	Vitamin A	2457.3 IU	Water ¹	*156.42* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	8.13 g	Vitamin C	9.5 mg	Ash ¹	*1.18* g	44.44%	Calories from Carbohydrates
								19.81%	Calories from Protein
N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient									
* - denotes combined nutrient totals with either missing or incomplete nutrient data									
¹ - denotes optional nutrient values									
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.									