



## 825165 - Broccoli and Tomato Salad

Source: Farm to School

Number of Portions: 25

Size of Portion: 1/2 cup

### Components:

Meat/Alt:

Grains:

Fruit:

Vegetable: 0.5 cup

Milk:

### Recipe Subgroups:

Vegetable, Dark Green

Vegetable, Red/Orange

### Attributes:

Vegetables

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
826508 Olive Oil Blend 90/10, Colavita L116..... 002068 VINEGAR,RED WINE..... 826521 Mustard, Dijon, Grey Poupon..... 002003 SPICES,BASIL,DRIED..... 901058 OREGANO LEAVES,DRIED..... 002020 GARLIC POWDER..... 002047 SALT,TABLE..... 002030 PEPPER,BLACK.....	1/2 cup 1/3 cup 1/2 Tbsp 1/2 TBSP (leaves) 1 TSP (leaves) 1/2 tsp 1/2 tsp 1/2 TSP (ground)	Place olive oil blend, red wine vinegar, Dijon mustard, dried basil, dried oregano, garlic powder, salt and black pepper in a bowl and whisk together. Set aside until ready to dress the salad.
011090 BROCCOLI,RAW.....	4 LBS (florets)	<b>CCP: No bare hand contact with ready to eat food.</b> Rinse broccoli crowns under running water. Drain in a colander or perforated pan. Using a chef's knife, rough chop into ½ inch pieces.  Note: 6 lbs. of broccoli crowns yields 4 lbs. of broccoli pieces. Stems may be reserved for soups or shred for use in salads.
011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE....	1 lb + 4 OZS (cherry tomatoes)	<b>CCP: No bare hand contact with ready to eat food.</b> Rinse tomatoes under running water and drain in a colander or perforated pan. Leave tomatoes whole if small or cut large ones in half.
009193 OLIVES,RIPE,CND (SMALL-EXTRA LRG)..... 050339 CHEESE, MOZZARELLA, LITE, FROZEN, SHREDD.....	1 cup 1 CUP (shredded)	Cut large black olives in half. In a large container combine the chopped broccoli, tomatoes, black olives and mozzarella cheese. Pour the prepared vinaigrette over the broccoli mixture and stir until just combined.

		<p>Transfer the salad to 2 inch deep full size pans and place in the walk-in refrigerator to chill. Just before serving, stir the salad to incorporate the vinaigrette evenly throughout the salad. Serve or pre-portion using 4 ounce spoodle.</p> <p><b>CCP: Hold at 41 degrees F. or lower.</b></p>
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*Nutrients are based upon 1 Portion Size (1/2 cup)													
Calories	87	kcal	Cholesterol	*2*	mg	Sugars	*1.8*	g	Calcium	75.55	mg	62.78%	Calories from Total Fat
Total Fat	6.06	g	Sodium	126	mg	Protein	3.37	g	Iron	0.88	mg	9.52%	Calories from Saturated Fat
Saturated Fat	0.92	g	Carbohydrates	6.31	g	Vitamin A	698.5	IU	Water <sup>1</sup>	*93.56*	g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00*	g	Dietary Fiber	2.38	g	Vitamin C	67.9	mg	Ash <sup>1</sup>	*1.00*	g	29.02%	Calories from Carbohydrates
												15.53%	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													
<sup>1</sup> - denotes optional nutrient values													
<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.													