



825056 - Chef Salad: Vegetarian

Source: K12 Culinary
 Number of Portions: 20
 Size of Portion: each

Components:

Meat/Alt: 3 oz
 Grains: 2 oz
 Fruit:
 Vegetable: 2.5 cup
 Milk:

Recipe Subgroups:

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

Attributes:

Entree Salads
 Meat/Meat Alter
 Vegetables
 Grain

HACCP Process: #3 Complex Food Preparation

Ingredients	Measures	Instructions
826494 Flatbread, Oven Fired, WGR, Rich's 14010.....	20 each, 2.2 oz	Store flatbread at room temperature 24 hours in advance of use.
001129 EGG,WHL,CKD,HARD-BOILED.....	20 each, large	<p>CCP: No bare hand contact with ready to eat food. Prepare hard-boiled eggs by placing 20 eggs in a 2 or 4 inch deep 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 cold 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, and dice. As an option, purchased hard-boiled eggs may be used. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours</p> <p>CCP: Hold at 41 degrees F. or lower.</p>
825012R Ranch Dressing: School Made.....	1 qt + 1 cup	<p>Prepare the school made ranch dressing according to the recipe. Fill gallon container with dressing, insert condiment pump and fill 2 oz. cups with 1/4 cup (2 fluid ounces) dressing. Cover each cup with lid. CCP: Hold and Serve at 41 degrees F. or lower.</p>
011251 LETTUCE,COS OR ROMAINE,RAW.....	4 lbs + 15 ozs	<p>CCP: No bare hand contact with ready to eat food. Weigh shredded lettuce and set aside for salad assembly. Purchased, precut romaine does not require rinsing before use.</p> <p>For 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: 7 lb. 11 oz. equals approximately 4 lb. 15 oz. chopped romaine. Rinse cut romaine under running water and drain well. (Recommend commercial salad spinner).</p>

011090 BROCCOLI,RAW..... 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE.... 011205 CUCUMBER,WITH PEEL,RAW.....	12 OZS (florets) 2 lbs + 11 OZS (AP) 1 lb + 13 OZS (AP)	CCP: No bare hand contact with ready to eat food. Weigh then rinse broccoli, tomatoes and cucumbers under running water. Using a tomato scoop, remove the core of tomato. Dice tomatoes and cucumbers into ½" pieces.
011124 CARROTS,RAW..... 050343 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SH...	1 lb + 1 OZ (shredded) 1 lb + 4 ozs	CCP: No bare hand contact with ready to eat food. Cut one square of thawed WG flat bread into 8 equal triangles by cutting bread in half; stacking the two bread strips; cut in half, then cut the squares in half on the diagonal forming the triangles. Assemble the salad in a large 3-compartment clear hinged container as follows: Fill the large compartment of the salad container with 3 cups of chopped romaine. Starting at top and working down, making even rows on top of romaine with: <ul style="list-style-type: none"> • ¼ cup broccoli florets • ¼ cup diced tomato • 1 whole hard-boiled egg, diced (about 1/4 cup or #16 scoop) • ¼ cup shredded carrots • ¼ cup diced cucumber • 1 oz. cheese (2 oz. spoodle or #16 scoop) Fan the 8 flatbread triangles in one of the small compartments Place school made Ranch dressing cup inside salad container in the remaining small compartment. Make sure the container of dressing is placed inside one of the small compartments and is not touching the salad ingredients. CCP: Hold and Serve at 41 degrees F. or lower.

*Nutrients are based upon 1 Portion Size (each)

Calories	569 kcal	Cholesterol	220 mg	Sugars	*9.6* g	Calcium	426.00 mg	56.67%	Calories from Total Fat
Total Fat	35.80 g	Sodium	776 mg	Protein	24.52 g	Iron	*2.20* mg	13.83%	Calories from Saturated Fat
Saturated Fat	8.74 g	Carbohydrates	43.04 g	Vitamin A	14827.6 IU	Water ¹	*291.25* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	7.30 g	Vitamin C	29.6 mg	Ash ¹	*2.33* g	30.28%	Calories from Carbohydrates
								17.25%	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.