



## 825058 - Cherry Tomato and Corn Salad

Source: K12 Culinary

Number of Portions: 48

Size of Portion: 1/2 cup

### Components:

Meat/Alt: 0.25 oz

Grains:

Fruit:

Vegetable: 0.5 cup

Milk:

### Recipe Subgroups:

Vegetable, Starchy

Vegetable, Red/Orange

### Attributes:

Meat/Meat Alter

Vegetables

HACCP Process: #3 Complex Food Preparation

Ingredients	Measures	Instructions
050486 CORN, YELLOW, WHOLE KERNEL, COOKED FROM...	4 lbs + 6 ozs	Thaw corn in refrigerator. Place 4 lbs 6 ozs of corn in each 2 inch deep perforated steamtable pan. <b>CCP: Steam until minimum internal temperature of 135 degrees F.</b> <b>CCP: Cool to 41 degrees F. within 4 hours.</b>
826508 Olive Oil Blend 90/10, Colavita L116..... 002068 VINEGAR,RED WINE..... 002003 SPICES,BASIL,DRIED..... 002030 PEPPER,BLACK..... 002047 SALT, TABLE.....	1/2 cup 1/2 cup 1 Tbsp 1 tsp 1/2 tsp	<b>CCP: No bare hand contact with ready to eat food.</b> In a medium mixing bowl, whisk together the olive oil blend, red wine vinegar, dry basil, salt, and black pepper. Set aside until time to dress the salad.
011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE.....	4 lbs + 8 OZS (cherry tomatoes)	<b>CCP: No bare hand contact with ready to eat food.</b> Rinse cherry tomatoes under running water and drain well in a colander. For best presentation, slice in half from top to bottom. Place sliced cherry tomatoes in a large mixing bowl. Add cooked, cooled corn. Pour dressing over the tomatoes and corn and mix just until the salad is dressed. Cover and refrigerate. <b>CCP: Hold at 41 degrees F. or lower.</b>
051558 Cheese, Mozzarella, Lite, Shredded.....	12 ozs	Just prior to service, gently stir in mozzarella cheese. Serve 1/2 cup with a 4 ounce spoodle or pre-portion with a #8 scoop.  This quality of this salad is not good when used as a leftover because the cheese will become soggy and unrecognizable. <b>CCP: Hold and Serve at 41 degrees F. or lower.</b>

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	77 kcal	Cholesterol	*3* mg	Sugars	*1.1* g	Calcium	*6.60* mg	40.52%	Calories from Total Fat
Total Fat	3.46 g	Sodium	70 mg	Protein	3.22 g	Iron	*0.37* mg	8.53%	Calories from Saturated Fat
Saturated Fat	0.73 g	Carbohydrates	9.94 g	Vitamin A	*437.0* IU	Water <sup>1</sup>	*42.55* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	1.55 g	Vitamin C	*7.3* mg	Ash <sup>1</sup>	*0.29* g	51.78%	Calories from Carbohydrates
								16.75%	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><sup>1</sup> - denotes optional nutrient values</p> <p><sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.</p>									

Allergens							
Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
?	?	?	?	?	?	?	?
YES = Present    NO = Absent    ? = Undefined							