



## 825071 - Cobb Salad

Source: K12 Culinary

Number of Portions: 20

Size of Portion: each

### Components:

Meat/Alt: 3.5 oz

Grains: 2 oz

Fruit:

Vegetable: 2.25 cup

Milk:

### Recipe Subgroups:

Whole Grain Rich

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..... 050420 CHICKEN, DICED, COOKED, IQF, MEAT ONLY.....	20 each, 2.2 oz 1 lb + 14 ozs	Store flatbread at room temperature 24 hours in advance of use. Thaw cooked, diced chicken in the refrigerator.
001129 EGG,WHL,CKD,HARD-BOILED.....	10 each, large	<b>CCP: No bare hand contact with ready to eat food.</b> Prepare hard-boiled eggs by placing 10 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. <b>CCP:</b> Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours  <b>CCP: Hold at 41 degrees F. or lower.</b>
825012R Ranch Dressing: School Made.....	1 qt + 1 cup	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. <b>CCP: Hold and Serve at 41 degrees F. or lower.</b>
		<b>CCP: No bare hand contact with ready to eat food.</b>

011251 LETTUCE,COS OR ROMAINE,RAW.....	4 lbs + 15 ozs	<p>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>
011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE.... 011205 CUCUMBER,WITH PEEL,RAW.....	2 lbs + 11 OZS (AP) 1 lb + 13 OZS (AP)	<p><b>CCP: No bare hand contact with ready to eat food.</b> Weigh then rinse tomatoes and cucumbers under running water. Using a tomato scoop, remove the core of tomato. Dice tomatoes and cucumbers into ½" pieces.</p> <p>Dice cooled egg into ½ inch pieces. <b>CCP: Hold at 41 degrees F. or lower.</b></p>
050343 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SH... 050339 CHEESE, MOZZARELLA, LITE, FROZEN, SHREDD..... 011124 CARROTS,RAW.....	10 ozs 10 ozs 1 lb + 1 OZ (shredded)	<p><b>CCP: No bare hand contact with ready to eat food.</b> Combine cheeses and toss to blend.</p> <p>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.</p> <p>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:</p> <ul style="list-style-type: none"> <li>• ¼ cup diced tomatoes</li> <li>• ½ hard-boiled egg, diced (about 2 Tbsp.)</li> <li>• 1 1/2 oz. diced chicken (about 1/4 cup)</li> <li>• 1/4 cup shredded carrots</li> <li>• ¼ cup diced cucumber</li> <li>• 1 oz. cheese blend (using 2 oz. spoodle or 1/4 cup)</li> </ul> <p>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. <b>CCP: Hold and Serve at 41 degrees F. or lower.</b></p>

\*Nutrients are based upon 1 Portion Size (each)

Calories	586 kcal	Cholesterol	166 mg	Sugars	*9.0* g	Calcium	377.63 mg	52.73%	Calories from Total Fat
Total Fat	34.36 g	Sodium	679 mg	Protein	33.21 g	Iron	*2.40* mg	12.68%	Calories from Saturated Fat
Saturated Fat	8.27 g	Carbohydrates	41.69 g	Vitamin A	14602.9 IU	Water <sup>1</sup>	*257.43* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	6.90 g	Vitamin C	14.4 mg	Ash <sup>1</sup>	*1.92* g	28.43%	Calories from Carbohydrates
								22.65%	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.