



825181 - Peach and Tomato Salad

Source: Farm to School

Number of Portions: 25

Size of Portion: 1/2 cup

Alternate Recipe Name: Fresh Peach/Tomato Salad

Components:

Meat/Alt:

Grains:

Fruit: 0.25 cup

Vegetable: 0.25 cup

Milk:

Recipe Subgroups:

Attributes:

Vegetables

Fruits

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
009236 PEACHES,RAW..... 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE.... 002068 VINEGAR,RED WINE..... 019296 HONEY..... 002047 SALT,TABLE..... 002030 PEPPER,BLACK..... 826508 Olive Oil Blend 90/10, Colavita L116.....	4 lbs + 14 ozs 4 lbs + 5 OZS (AP) 2 Tbsp 1 Tbsp 1/2 tsp 1/4 TSP (ground) 2 Tbsp	CCP: No bare hand contact with ready to eat food. Rinse peaches and tomatoes under running water. Using a tomato scoop, remove the core of the tomato. Using a chef's knife or vegetable dicer, cut the tomato into ½ inch dices. Cut the unpeeled peaches in half, remove the seeds, and dice into ½ inch pieces. Place the diced fresh peaches in a large container with the diced tomatoes. Add peaches to tomatoes immediately after dicing to prevent browning. CCP: Hold at 41 degrees F. or lower.
		In a small container combine the red wine vinegar, honey, salt, and black pepper. Stir to combine. Whisk the olive oil blend into the vinegar mixture. Pour the dressing over the peaches and tomatoes and stir gently. <i>Note: Brown Sugar may be substituted for honey.</i> CCP: Hold at 41 degrees F. or lower.
		Just before service stir gently to redistribute the ingredients. Serve 1/2 cup using number 8 disher or 4 oz. spoodle. CCP: Hold and Serve at 41 degrees F. or lower.

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

Calories	59 kcal	Cholesterol	*0* mg	Sugars	9.9 g	Calcium	12.37 mg	22.47%	Calories from Total Fat
Total Fat	1.48 g	Sodium	50 mg	Protein	1.41 g	Iron	0.42 mg	1.77%	Calories from Saturated Fat
Saturated Fat	0.12 g	Carbohydrates	11.80 g	Vitamin A	855.5 IU	Water ¹	*144.22* g	*0.00*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.15 g	Vitamin C	15.2 mg	Ash ¹	*0.85* g	79.73%	Calories from Carbohydrates
								9.52%	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.

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



NORTH CAROLINA K-12 CULINARY INSTITUTE

PREPARING PEACH AND TOMATO SALAD

Refer to the recipe and to the steps below to prepare this tasty salad!

