



825121 - Salad Trio:Vegetarian

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

Components:

Meat/Alt: 3 oz
 Grains: 2 oz
 Fruit: 0.5 cup
 Vegetable: 1.5 cup
 Milk:

Recipe Subgroups:

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

Attributes:

Meat/Meat Alter
 Vegetables
 Fruits
 Grain

HACCP Process: #3 Complex Food Preparation

Ingredients	Measures	Instructions
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 cut into quarters. As an option, purchased hard-boiled eggs may be used. CCP: Cool to 41° F or lower within 4 hours.</p> <p>CCP: Hold at 41 degrees F. or lower.</p>
825012R Ranch Dressing: School Made.....	1 qt + 1 cup	<p>CCP: No bare hand contact with ready to eat food. Prepare the school-made Ranch Dressing according to the recipe: Fill gallon container with dressing and insert condiment pump to fill 2 oz. cups with dressing. Cover each cup with lid. Refrigerate until service. CCP: Hold at 41 degrees F. or lower.</p>
825072R Creamy Pasta Salad.....	1 1/2 gals + 2 3/4 cups	<p>CCP: No bare hand contact with ready to eat food. Prepare Creamy Pasta Salad according to the recipe. (Note: One recipe of 20 servings of Creamy Pasta Salad made with 2 lb 7 oz of whole grain-rich rotini pasta will provide adequate amount for 20 (2 oz eq) grain servings for this Salad Trio Recipe.) CCP: Hold at 41 degrees F. or lower.</p>
		CCP: No bare hand contact with ready to eat food.

011251 LETTUCE,COS OR ROMAINE,RAW.....	3 lbs + 5 ozs	Weigh lettuce. Purchased, precut romaine does not require rinsing. 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: 5 lb. 2 oz. AP head lettuce equals approximately 3 lb. 5 oz. chopped romaine. Rinse cut romaine under running water and drain well. (Recommend commercial salad spinner). CCP: Hold at 41 degrees F. or lower.
011529 TOMATOES,RED,RIPE,RAW, YEAR RND AVERAGE.....	2 lbs + 11 OZS (AP)	CCP: No bare hand contact with ready to eat food. Weigh then rinse tomatoes under running water. Using a tomato scoop, remove the core of tomato. Dice tomatoes and into ½" pieces. CCP: Hold at 41 degrees F. or lower.
009181 MELONS,CANTALOUPE,RAW..... 009132 GRAPES,RED OR GRN (EURO TYPE,SUCH AS THO...	5 lbs + 5 ozs 12 ozs	CCP: No bare hand contact with ready to eat food. Weigh and rinse cantaloupe and grapes under running water. Drain well in a colander. Remove the rind, and dice the cantaloupe into ½ inch cubes. Remove grapes from stem. Combine cantaloupe cubes and grapes in large bowl or pan. CCP: Hold at 41 degrees F. or lower.
011124 CARROTS,RAW.....	1 lb + 1 OZ (shredded)	CCP: No bare hand contact with ready to eat food. Assemble the salad trio as follows:: 1. Fill the large compartment of the salad container with 2 cups of chopped romaine. 2. Make 4 even rows with the following ingredients atop the romaine: • ¼ cup diced tomato (no. 16 disher) • 1 hard-boiled egg, quartered • ¼ cup shredded carrots (no. 16 disher) • 1 oz. cheese (2 oz. spoodle) 4. Place 1 1/3 cup (two no. 6 dishers) of Creamy Pasta Salad in small compartment. The compartment will be very full, and may need to spill into the larger compartment. 5. Provide the cup of Ranch Dressing on the side. CCP: Hold and Serve at 41 degrees F. or lower.

*Nutrients are based upon 1 Portion Size (each)

Calories	792 kcal	Cholesterol	216 mg	Sugars	*20.0* g	Calcium	181.34 mg	48.71%	Calories from Total Fat
Total Fat	42.88 g	Sodium	645 mg	Protein	24.16 g	Iron	4.73 mg	7.55%	Calories from Saturated Fat
Saturated Fat	6.65 g	Carbohydrates	91.00 g	Vitamin A	15554.8 IU	Water ¹	*350.09* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	11.72 g	Vitamin C	67.3 mg	Ash ¹	*2.88* g	45.94%	Calories from Carbohydrates
								12.20%	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.