



## 825123 - Southwest Shaker Salad

Source: K12 Culinary

Number of Portions: 20

Size of Portion: each

Alternate Recipe Name: need to edit

### Components:

Meat/Alt: 2 oz

Grains: 2 oz

Fruit:

Vegetable: 0.5 cup

Milk:

### Recipe Subgroups:

Vegetable, Red/Orange

Vegetable, Starchy

Whole Grain Rich

### Attributes:

Meat/Meat Alter

Vegetables

Grain

HACCP Process: #3 Complex Food Preparation

| Ingredients                                                                        | Measures                        | Instructions                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|------------------------------------------------------------------------------------|---------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 050486 CORN, YELLOW, WHOLE KERNEL, COOKED FROM...                                  | 1 lb + 13 ozs                   | Place 1 lb 13 oz of corn in 2 inch deep perforated steamtable pan. <b>CCP: Steam until minimum internal temperature of 135 degrees F. CCP: Cool to 41 degrees F. within 4 hours. CCP: Hold at 41 degrees F. or lower.</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| 050450 RICE, LONG GRAIN, BROWN, QUICK-COOKING,.....<br>014429 WATER,MUNICIPAL..... | 2 lbs + 10 ozs<br>1 qt + 1 PINT | Prepare brown rice. The rice is best if made the day before service.<br><br>Spray 2 inch full size steamtable pan with pan release. Add 1 ½ qt. of water and 2 lbs. 10 oz. (~1 ½ qts.) of brown rice. Stir to distribute rice evenly (additional cup of water may be needed if using combi oven/steamer). Steam uncovered for approximately 23 to 25 minutes until water is completely absorbed. Cool rice to 41 degrees F following two stage cooling method.<br><b>CCP: Heat to 135° F or higher.</b><br><br><b>CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours</b><br><br><b>CCP: Hold for cold service at 41° F or lower.</b> |
| 825150R Honey Lime Viniagrette.....                                                | 1 qt + 1 cuip                   | <b>CCP: No bare hand contact with ready to eat food.</b><br>Prepare the dressing according to the recipe. Fill gallon container with dressing. Insert condiment pump and place 1/4 cup (2 fluid ounces) of dressing into 2 oz portion cups and cover with lid. Sstore any leftover dressing in the refrigerator for quality.                                                                                                                                                                                                                                                                                                                                                      |
| 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE.....                                 | 2 lbs + 11 OZS (AP)             | Weigh then rinse tomatoes under running water. Using a tomato scoop, remove the core. Dice into ½" pieces.<br><b>CCP: Hold for cold service at 41° F or lower.</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |

|                                                      |                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|------------------------------------------------------|----------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 011165 CORIANDER (CILANTRO) LEAVES,RAW.....          | 2 1/2 cups     | Rinse cilantro under running water and drain well using a disposable paper towel. Using a chef's knife, cut into fine strips using the chiffonade method.<br><br><b>CCP:</b> Hold for cold service at 41° F or lower.                                                                                                                                                                                                                                                                                                                                                   |
| 050555 BEANS, CANNED, BLACK (TURTLE), LOW SODIU..... | 3 lbs + 14 ozs | Drain and rinse canned black beans. Weigh the required amount. Note: 3 pounds 14 oz. of drained and rinsed beans is approximately ½ #10 can or 2 ½ quarts.                                                                                                                                                                                                                                                                                                                                                                                                              |
| 050343 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SH..... | 1 lb + 4 ozs   | Layer ingredients in a 20 oz. shaker salad cup in the following order:<br><ul style="list-style-type: none"> <li>• 1 cup brown rice</li> <li>• 1/4 cup black beans</li> <li>• 1/4 cup corn</li> <li>• 1/4 cup diced tomatoes</li> <li>• 2 Tbsp. chopped cilantro</li> <li>• 1.5 oz. diced chicken</li> <li>• .1 oz. shredded cheese</li> </ul> Place the 4 oz. insert over the salad (cup will be packed full). Place the filled 2 oz. dressing cup on top of the 4 oz. insert, and then cover with domed lid.<br><b>CCP: Hold and Serve at 41 degrees F. or lower.</b> |
|                                                      |                | Instruct students how to make salad by removing tops from salad and dressing container. Pour dressing on salad. Cover with domed lid. Shake it up and enjoy!<br><br>(Note: This salad includes 1/2 cup vegetable required for offer vs serve (OVS) provision. Be sure to allow students to select additional vegetables as required by the meal pattern if they desire. For non-OVS meals, plan the meals to include a total of 3/4 cup vegetable for grades K-8 and 1 cup vegetable at grades 9-12.)                                                                   |

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

|                        |          |               |         |           |          |                    |            |         |                             |
|------------------------|----------|---------------|---------|-----------|----------|--------------------|------------|---------|-----------------------------|
| Calories               | 665 kcal | Cholesterol   | 16 mg   | Sugars    | *10.5* g | Calcium            | 323.40 mg  | 42.14%  | Calories from Total Fat     |
| Total Fat              | 31.15 g  | Sodium        | 421 mg  | Protein   | 19.59 g  | Iron               | 3.61 mg    | 7.38%   | Calories from Saturated Fat |
| Saturated Fat          | 5.45 g   | Carbohydrates | 82.37 g | Vitamin A | 855.7 IU | Water <sup>1</sup> | *148.60* g | *0.00%* | Calories from Trans Fat     |
| Trans Fat <sup>2</sup> | *0.00* g | Dietary Fiber | 10.09 g | Vitamin C | 13.4 mg  | Ash <sup>1</sup>   | *0.78* g   | 49.51%  | Calories from Carbohydrates |
|                        |          |               |         |           |          |                    |            | 11.77%  | 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.