



825124 - Spicy Chef Shaker Salad

Source: K12 Culinary

Number of Portions: 20

Size of Portion: each

Components:

Meat/Alt: 2 oz

Grains: 2 oz

Fruit:

Vegetable: 0.75 cup

Milk:

Recipe Subgroups:

Vegetable, Red/Orange

Vegetable, Other

Vegetable, Dark Green

Whole Grain Rich

Attributes:

Meat/Meat Alter

Vegetables

Grain

HACCP Process: #3 Complex Food Preparation

Ingredients	Measures	Instructions
050425 TURKEY HAM, SMOKED, WATER ADDED, COOKED...	1 lb	Thaw diced ham overnight in refrigerator. CCP: Hold at 41 degrees F. or lower.
001129 EGG,WHL,CKD,HARD-BOILED.....	10 each, large	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 dice. As an option, purchased hard-boiled eggs may be used. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours CCP: Hold at 41 degrees F. or lower.
050460 ROTINI, WHOLE GRAIN, COOKED, NO SALT ADD..... 826508 Olive Oil Blend 90/10, Colavita L116.....	2 lbs + 2 ozs 2 Tbsp	Prepare pasta: Place 2 inch deep full size perforated pan inside 2 inch deep solid, full size steamtable pan. Weigh pasta and add 2 lbs. 2 oz. (~1 ½ qts.) of rotini pasta. Cover completely with water, approximately 1 gal. Steam until pasta is al dente - fully cooked, but firm. Do not overcook. Rinse with cold water and drain well. Toss with olive oil blend to prevent sticking. Best if made the day before. CCP: Hold for cold service at 41° F or lower.
825079R Sriracha Ranch Dressing.....	1 qt + 1 cup	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. CCP: Hold for cold service at 41° F or lower.

011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE..... 011205 CUCUMBER,WITH PEEL,RAW..... 011251 LETTUCE,COS OR ROMAINE,RAW.....	2 lbs + 11 OZS (AP) 1 lb + 13 ozs 14 ozs	<p>Weigh, then rinse tomatoes and cucumbers under running water. Drain well in a colander. Using a tomato scoop, remove the core. Dice tomatoes and cucumbers into ½" pieces.</p> <p>Weigh pre-cut lettuce. Purchased, pre-cut romaine does not require rinsing.</p> <p>If using 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: 1 lb. 5 oz. equals approximately 14 oz. chopped romaine. Rinse cut romaine under running water and drain well. (Recommend commercial salad spinner).</p> <p>CCP: Hold for cold service at 41° F or lower.</p>
050343 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SH....	10 ozs	<p>Layer ingredients in a 20 oz. shaker salad cup in the following order:</p> <ul style="list-style-type: none"> • 1 cup rotini • ¼ cup diced tomatoes • ¼ cup diced cucumber • .8 oz. diced turkey ham • 1/2 hard boiled egg (approx 2 tablespoons) • 1/2 oz. shredded cheese • ½ cup romaine lettuce <p>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.</p> <p>CCP: Hold for cold service at 41° F or lower.</p>
		<p>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!</p> <p>(Note: This salad includes ¾ cup vegetable. Be sure to allow students in grades 9-12 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 1 cup vegetable at grades 9-12.).</p>

*Nutrients are based upon 1 Portion Size (each)

Calories	369 kcal	Cholesterol	130 mg	Sugars	*5.7* g	Calcium	223.59 mg	64.34%	Calories from Total Fat
Total Fat	26.40 g	Sodium	526 mg	Protein	15.81 g	Iron	1.62 mg	13.17%	Calories from Saturated Fat
Saturated Fat	5.41 g	Carbohydrates	21.35 g	Vitamin A	2455.4 IU	Water ¹	*154.56* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.70 g	Vitamin C	9.5 mg	Ash ¹	*1.16* g	23.12%	Calories from Carbohydrates
								17.12%	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.