825042 - Bistro Spinach Salad

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

Components:		Recipe Subgroups:	Attributes:
Meat/Alt:	2.5 oz	Whole Grain Rich	Entree Salads
Grains:	2 oz	Vegetable, Dark Green	Meat/Meat Alter
Fruit:	0.5 cup		Vegetables
Vegetable:	2 cup		Fruits
Milk:			Grain

HACCP Process: #3 Complex Food Preparation

Ingredients	Measures	Instructions
001129 EGG,WHL,CKD,HARD-BOILED....................................	20 each, large	Prepare hard-boiled eggs by placing 20 eggs in a 2 or 4 inch 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 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, then dice. Note: As an option, purchased hard-boiled eggs may be used and the HACCP category will change to no cook.) **CCP:** Heat to 165° F or higher for at least 15 seconds **CCP:** Cool to 41° F or lower within 4 hours.
011251 LETTUCE,COS OR ROMAINE,RAW................................	3 lbs + 8 ozs	Weigh pre-cut lettuce. Purchased, precut romaine does not require rinsing. (Note: 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. 4 oz. equals approximately 3 lb. 8 oz. chopped romaine. Rinse cut romaine under running water and drain well. (Recommend commercial salad spinner).
011457 SPINACH,RAW..	2 lbs + 10 ozs	Weigh spinach. In a large bowl or container, combine romaine with spinach. **CCP:** Hold for cold service at 41° F or lower.
825012R Ranch Dressing: School Made.....................................	1 qt + 1 cup	Prepare the school-made dressing according to the recipe: Fill gallon container with dressing. Insert condiment pump and fill 2 oz. cups with 1/4 cup dressing. Cover each cup with lid.

826494 Flatbread, Oven Fired, WGR, Rich's 14010....................	20 each, 2.2 oz	Cut one square of WG flat bread into 8 equal triangles by cutting bread in half; stacking the two bread strips; cut in half again making square pieces. Cut the squares in half on the diagonal forming the triangles.
050339 CHEESE, MOZZARELLA, LITE, FROZEN, SHREDD..... 050343 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SH...	10 ozs 10 ozs	In a medium bowl, combine mozzarella and cheddar cheeses.

009079 CRANBERRIES,DRIED,SWTND....................................	1 qt + 1 cup	Assemble the salad as follows:
		   Fill the large compartment of the 3-compartment clear salad container with 3 cups of romaine and spinach mix
		   Place 1 hard-boiled egg, diced (no. 30 disher) in bottom left corner
		   Place ¼ cup cranberries in top right corner
		   Place ½ oz. combined cheeses (1 oz. spoodle) in the center
		   Fan 8 flat bread triangles in a small compartment
		   Place school made Ranch in remaining compartment
		 Cover with the lid.
		 CCP: Hold and Serve at 41 degrees F. or lower.

*Nutrients are based upon 1 Portion Size (each)

Calories	637	kcal	Cholesterol	220	mg	Sugars	*28.1*	g	Calcium	421.83	mg	50.17%	Calories from Total Fat
Total Fat	35.54	g	Sodium	717	mg	Protein	23.89	g	Iron	*3.25*	mg	12.14%	Calories from Saturated Fat
Saturated Fat	8.60	g	Carbohydrates	62.48	g	Vitamin A	12986.6	IU	Water¹	*201.31*	g	*0.00%*	Calories from Trans Fat
Trans Fat²	*0.00*	g	Dietary Fiber	7.62	g	Vitamin C	20.3	mg	Ash¹	*2.44*	g	39.20%	Calories from Carbohydrates
												14.99%	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.

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