



825031 - BBQ Ranch 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, Dark Green

Vegetable, Red/Orange

Vegetable, Starchy

Whole Grain Rich

Attributes:

HACCP Process: #3 Complex Food Preparation

Ingredients	Measures	Instructions
051520 Chicken, Diced, Cooked, Frozen..... 050486 CORN, YELLOW, WHOLE KERNEL, COOKED FROM...	1 lb + 14 ozs 1 lb + 13 ozs	Thaw diced chicken and corn overnight in refrigerator. Place 1 lb 13 oz of corn in 2 inch perforated pan. CCP: Steam until minimum internal temperature of 135° F. CCP: Cool to 41° F within 4 hours. CCP: Hold at 41° F or lower.
050450 RICE, LONG GRAIN, BROWN, QUICK-COOKING,..... 014429 BEVERAGES,H2O,TAP,MUNICIPAL.....	2 lbs + 10 ozs 1 qt + 1 PINT	Prepare brown rice. The rice is best if made the day before service. Spray 2 inch full size pan with food release. Add 1 ½ qt of water and 2 lb 10 oz (about 1 ½ qt) of brown rice. Stir to distribute rice evenly (additional cup of water may be needed if using combi oven/steamer). Steam immediately for 23 to 25 minutes until rice has fully absorbed the water. Use a spoon to ensure the rice has fully absorbed the liquid in the bottom of the pan. Fluff rice with utensil. Cool rice to 41° F following two stage cooling method. CCP: Heat to 135° F or higher. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours. CCP: Hold for cold service at 41° F or lower.
825012R Ranch Dressing: School Made..... 825097 Sauce, BBQ, gallon, Cattlemans (Frenchs).....	1 qt 1 cup	Prepare school made Ranch Dressing according to recipe # 825012. Measure required amount and store remainder in the refrigerator for other salads. Whisk together the prepared Ranch Dressing and BBQ sauce. Fill gallon container with dressing. Insert condiment pump and place 1/4 cup (2 fl oz) 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.....	2 lbs + 11 OZS (AP)	Weigh then rinse tomatoes under running water. Using a tomato scoop, remove the core. Dice into ½" pieces. CCP: Hold for cold service at 41° F or lower.
011251 LETTUCE,COS OR ROMAINE,RAW..... 011165 CORIANDER (CILANTRO) LEAVES,RAW.....	14 ozs 2 1/2 cups	Weigh pre-cut lettuce. Purchased, pre-cut romaine does not require rinsing. 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). Rinse cilantro under running water and drain well using a disposable paper towel. Chop using a chef's knife. CCP: Hold for cold service at 41° F or lower.
051556 Cheese, Cheddar, Yellow, Red Fat, Shredd.....	10 ozs	Layer ingredients in a 20 oz shaker salad cup in the following order: <ul style="list-style-type: none"> • 1 cup brown rice • ¼ cup diced tomatoes • ¼ cup corn • 2 Tbsp chopped cilantro • 1.5 oz diced chicken • .5 oz shredded cheese (using a 1 oz spoodle) • ½ cup romaine lettuce 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. CCP: Hold for cold service at 41° F or lower.
		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! (Note: This salad includes 3/4 cup vegetable required for offer vs serve (OVS) provision. 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, plan the meals to include a total of 1 cup vegetable at grades 9-12.)

*Nutrients are based upon 1 Portion Size (each)

Calories	527	kcal	Cholesterol	57	mg	Sugars	*6.4*	g	Calcium	*83.52*	mg	38.54%	Calories from Total Fat
Total Fat	22.59	g	Sodium	421	mg	Protein	20.83	g	Iron	*1.78*	mg	7.91%	Calories from Saturated Fat
Saturated Fat	4.64	g	Carbohydrates	63.87	g	Vitamin A	*2400.9*	IU	Water ¹	*165.55*	g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00*	g	Dietary Fiber	4.41	g	Vitamin C	*11.2*	mg	Ash ¹	*0.78*	g	48.43%	Calories from Carbohydrates
												15.79%	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.