



825056 - Chef Salad: Vegetarian

Source: K12 Culinary

Number of Portions: 20

Size of Portion: each

Components:

Meat/Alt: 3 oz
Grains: 2 oz
Fruit:
Vegetable: 2.5 cup
Milk:

Recipe Subgroups:

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

Attributes:

HACCP Process: #3 Complex Food Preparation

Ingredients	Measures	Instructions
826494 Flatbread, Oven Fired, WGR, Rich's 14010.....	20 each, 2.2 oz	Store flatbread at room temperature 24 hours in advance of use.
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 full size 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, peel while warm, then place in the refrigerator for at least 2 to 3 hours to completely cool (at this point eggs may be prepared a day in advance.) Dice the eggs just prior to use. Note: As an option, purchased hard-boiled eggs may be used and the HACCP category will change to no cook.) CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours.</p> <p>CCP: Hold at 41° F or lower.</p>
825012R Ranch Dressing: School Made.....	1 qt + 1 cup	<p>Prepare the School Made Ranch Dressing according to recipe # 825012. Fill gallon container with dressing, insert condiment pump and fill 2 oz cups with 1/4 cup (2 fl oz) dressing. Cover each cup with lid. CCP: Hold and Serve at 41° F or lower. CCP: No bare hand contact with ready to eat food.</p>

011251 LETTUCE,COS OR ROMAINE,RAW.....	4 lbs + 15 ozs	Weigh shredded lettuce and set aside for salad assembly. Purchased, pre-cut romaine does not require rinsing before use. 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: 7 lb 11 oz equals approximately 4 lb 15 oz chopped romaine. Rinse cut romaine under running water and drain well. (Recommend commercial salad spinner).
011090 BROCCOLI,RAW..... 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE.... 011205 CUCUMBER,WITH PEEL,RAW.....	12 OZS (florets) 2 lbs + 11 OZS (AP) 1 lb + 13 OZS (AP)	CCP: No bare hand contact with ready to eat food. Weigh broccoli, tomatoes and cucumbers and rinse under running water. Using a tomato scoop, remove the core of tomato. Dice tomatoes and cucumbers into ½" pieces and keep separate.
011124 CARROTS,RAW..... 051556 Cheese, Cheddar, Yellow, Red Fat, Shredd.....	1 lb + 1 OZ (shredded) 1 lb + 4 ozs	CCP: No bare hand contact with ready to eat food. Cut one square of thawed WG flat bread into 8 equal triangles by cutting bread in half; stacking the two bread strips; cut in half, then cut the squares in half on the diagonal forming the triangles. Assemble the salad in a large 3-compartment clear hinged container as follows: Fill the large compartment of the salad container with 3 cups of chopped romaine. Starting at top and working down, making even rows on top of romaine with: <ul style="list-style-type: none"> • ¼ cup broccoli florets (using no. 16 disher) • ¼ cup diced tomato (using no. 16 disher) • 1 whole hard-boiled egg, diced (using no. 12 disher) • ¼ cup shredded carrots (using no. 16 disher) • ¼ cup diced cucumber (using no. 16 disher) • 1 oz cheese (using 2 oz spoodle or no. 16 disher) Fan the 8 flatbread triangles in one of the small compartments Place School Made Ranch Dressing cup inside salad container in the remaining small compartment. Make sure the container of dressing is placed inside one of the small compartments and is not touching the salad ingredients. CCP: Hold and Serve at 41° F or lower.

*Nutrients are based upon 1 Portion Size (each)

Calories	624 kcal	Cholesterol	230 mg	Sugars	*9.6* g	Calcium	*170.32* mg	62.17%	Calories from Total Fat
Total Fat	43.09 g	Sodium	812 mg	Protein	23.94 g	Iron	*2.18* mg	14.88%	Calories from Saturated Fat
Saturated Fat	10.31 g	Carbohydrates	43.68 g	Vitamin A	*14650.2* IU	Water ¹	*291.28* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	7.37 g	Vitamin C	*29.7* mg	Ash ¹	*2.35* g	28.01%	Calories from Carbohydrates
								15.35%	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.