



825057 - Chef Salad

Source: K12 Culinary

Number of Portions: 20

Size of Portion: each

Components:

Meat/Alt: 3 oz

Grains: 2 oz

Fruit:

Vegetable: 2.25 cup

Milk:

Recipe Subgroups:

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.
051523 Turkey, Deli Breast, Frozen.....	1 lb + 14 ozs	
051516 Ham, 97% Fat Free, Water-Added, Cooked,.....	1 lb + 14 ozs	Thaw ham and turkey in the refrigerator.
		CCP: Hold for cold service at 41° F or lower. CCP: Hold at 41° 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 10 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.
		CCP: Hold at 41° F or lower.
825012R Ranch Dressing: School Made.....	1 qt + 1 cup	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.

011251 LETTUCE,COS OR ROMAINE,RAW	4 lbs + 15 ozs	<p>Weigh shredded lettuce and set aside for salad assembly. Purchased, pre-cut romaine does not require rinsing before use.</p> <p>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).</p>
011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE.... 011205 CUCUMBER,WITH PEEL,RAW	2 lbs + 11 OZS (AP) 1 lb + 13 OZS (AP)	<p>CCP: No bare hand contact with ready to eat food. Weigh then rinse tomatoes and cucumbers under running water. Using a tomato scoop, remove the core of tomato. Dice tomatoes and cucumbers into ½" pieces and keep separate.</p> <p>Dice thawed ham and turkey into ½ inch pieces. Note: Appealing presentation option: If using sliced deli meats, layer ham and turkey alternately, then roll and slice into ½ inch rounds. CCP: Hold at 41° F or lower.</p>
051556 Cheese, Cheddar, Yellow, Red Fat, Shredd.....	10 ozs	<p>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.</p> <p>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:</p> <ul style="list-style-type: none"> • ¼ cup diced tomatoes using no. 16 disher • 1 1/2 oz diced turkey • ½ hard-boiled egg, diced (about 2 Tbsp using a no. 24 disher) • 1 1/2 oz diced ham • ¼ cup diced cucumber using no. 16 disher • ½ oz cheese (using 1 oz spoodle) <p>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.</p> <p>CCP: Hold and Serve at 41° F or lower.</p>

*Nutrients are based upon 1 Portion Size (each)

Calories	574 kcal	Cholesterol	170 mg	Sugars	9.1 g	Calcium	*141.18* mg	55.27%	Calories from Total Fat
Total Fat	35.27 g	Sodium	1162 mg	Protein	31.28 g	Iron	*2.24* mg	13.85%	Calories from Saturated Fat
Saturated Fat	8.84 g	Carbohydrates	42.80 g	Vitamin A	*10387.8* IU	Water ¹	*236.15* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	6.22 g	Vitamin C	*13.0* mg	Ash ¹	*1.69* g	29.81%	Calories from Carbohydrates
								21.79%	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.