



825123 - Southwest Shaker Salad

Source: K12 Culinary

Number of Portions: 20

Size of Portion: each

Alternate Recipe Name: need to edit

Components:

Meat/Alt: 2.5 oz

Grains: 2 oz

Fruit:

Vegetable: 0.75 cup

Milk:

Recipe Subgroups:

Vegetable, Red/Orange

Vegetable, Legumes

Vegetable, Starchy

Whole Grain Rich

Attributes:

HACCP Process: #3 Complex Food Preparation

Ingredients	Measures	Instructions
050486 CORN, YELLOW, WHOLE KERNEL, COOKED FROM...	1 lb + 13 ozs	Place 1 lb 13 oz of corn in 2 inch deep perforated pan. CCP: Steam until minimum internal temperature of 135° F. Immediately cool corn under refrigeration or ice bath and hold cold until time to assemble salads. 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 water and brown rice to the pan. Shake to distribute rice evenly (additional cup of water may be needed if using combi oven/steamer). Steam uncovered for approximately 23 to 25 minutes or until rice has completely 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. 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.
825150R Honey Lime Vinaigrette.....	1 qt + 1 cup	CCP: No bare hand contact with ready to eat food. Prepare the dressing according to recipe #825150. 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. Store any leftover dressing in the refrigerator for quality.
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 1/2" pieces. CCP: Hold for cold service at 41° F or lower.

011165 CORIANDER (CILANTRO) LEAVES,RAW.....	2 1/2 cups	Rinse cilantro under running water, drain well using a disposable paper towel, and finely chop using a chef's knife. CCP: Hold for cold service at 41° F or lower.
826811 BEANS, CANNED, BLACK (TURTLE), LOW SODIU.....	3 lbs + 14 ozs	Drain and rinse canned black beans. Weigh the required amount. Note: 3 lb 14 oz of drained and rinsed beans is approximately ½ #10 can or 2 ½ qt.
051520 Chicken, Diced, Cooked, Frozen..... 051556 Cheese, Cheddar, Yellow, Red Fat, Shredd.....	1 lb + 14 ozs 1 lb + 4 ozs	Layer ingredients in a 20 oz shaker salad cup in the following order: <ul style="list-style-type: none"> • 1 cup brown rice using 2 scoops with a no. 8 disher or one scoop with an 8 oz spoodle • 1/4 cup black beans using a 2 oz perforated spoodle • 1/4 cup corn using a 2 oz spoodle • 1/4 cup diced tomatoes using a 2 oz perforated spoodle • 2 Tbsp chopped cilantro using a no. 30 disher • 1.5 oz diced chicken using a 2 oz spoodle • .1 oz shredded cheese using a 2 oz spoodle 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 and Serve 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. 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.)

*Nutrients are based upon 1 Portion Size (each)

Calories	721 kcal	Cholesterol	52 mg	Sugars	*10.5* g	Calcium	*66.39* mg	41.88%	Calories from Total Fat
Total Fat	33.55 g	Sodium	460 mg	Protein	28.07 g	Iron	*3.84* mg	7.76%	Calories from Saturated Fat
Saturated Fat	6.21 g	Carbohydrates	82.80 g	Vitamin A	*676.7* IU	Water ¹	*148.60* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	10.09 g	Vitamin C	*14.3* mg	Ash ¹	*0.78* g	45.93%	Calories from Carbohydrates
								15.57%	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.