

SALADS, SALAD DRESSINGS, AND RELISHES No.M 019 00
GARDEN VEGETABLE SALAD

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
12 cal	3 g	1 g	0 g	0 mg	18 mg	15 mg

Ingredient

CARROTS,FRESH,SLICED
 CELERY,FRESH,CHOPPED
 PEPPERS,GREEN,FRESH,CHOPPED
 LETTUCE,ICEBERG,FRESH,CHOPPED

Weight

2 lbs
 3 lbs
 2 lbs
 7 lbs

Measure

1 qts 3-1/8 cup
 2 qts 3-3/8 cup
 1 qts 2-1/8 cup
 3 gal 2-1/2 qts

Issue

2-1/2 lbs
 4-1/8 lbs
 2-1/2 lbs
 7-1/2 lbs

Method

- 1 Combine carrots, celery, and peppers. Tear prepared lettuce into small pieces; mix with other vegetables; toss lightly.
- 2 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.