

SALADS, SALAD DRESSINGS, AND RELISHES No.M 044 00

SPRING SALAD

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
16 cal	4 g	1 g	0 g	0 mg	7 mg	27 mg

Ingredient

LETTUCE,LEAF,FRESH,HEAD

RADISH,FRESH,SLICES

CUCUMBERS,FRESH,PEELED,SLICED

PEPPERS,GREEN,FRESH,CHOPPED

ONIONS,GREEN,FRESH,SLICED

TOMATOES,FRESH,THIN WEDGES

Weight

5 lbs

1 lbs

3 lbs

1-1/2 lbs

2 lbs

5 lbs

Measure

3-7/8 cup

2 qts 3-1/2 cup

1 qts 1/2 cup

2 qts 1-1/8 cup

3 qts 5/8 cup

Issue

7-3/4 lbs

1-1/8 lbs

5-7/8 each

1-7/8 lbs

2-1/4 lbs

5-1/8 lbs

Method

- 1 Tear prepared lettuce into large pieces.
- 2 Combine lettuce with radishes, cucumbers, peppers, and onions; toss lightly.
- 3 Cover; CCP: Refrigerate at 41 F. or lower for use in Step 4.
- 4 Add tomatoes to other salad vegetables just before serving. Toss lightly. CCP: Hold for service at 41 F. or lower.