

TOSSED LETTUCE, CUCUMBER AND TOMATO SALAD

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
13 cal	3 g	1 g	0 g	0 mg	6 mg	30 mg

Ingredient

LETTUCE,LEAF,FRESH,CHOPPED

ONIONS,GREEN,FRESH,SLICED

CUCUMBERS,FRESH,PEELED,SLICED

TOMATOES,FRESH,THIN WEDGES

Weight

8 lbs

8 oz

4 lbs

4 lbs

Measure

4 gal 1/4 qts

2-1/4 cup

3 qts 3-1/4 cup

2 qts 2-1/8 cup

Issue

12-1/2 lbs

8-7/8 oz

7-7/8 each

4-1/8 lbs

Method

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