

TOSSED ROMAINE, CUCUMBER AND TOMATO SALAD

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
12 cal	2 g	1 g	0 g	0 mg	5 mg	18 mg

Ingredient

LETTUCE,ROMAINE,FRESH,CHOPPED
 ONIONS,GREEN,FRESH,SLICED
 CUCUMBER,FRESH,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 1-5/8 cup
 2 qts 2-1/8 cup

Issue

8-1/2 lbs
 8-7/8 oz
 4-3/4 lbs
 4-1/8 lbs

Method

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