

SALADS, SALAD DRESSINGS, AND RELISHES No.M 048 00
TOSSED VEGETABLE SALAD

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
19 cal	4 g	1 g	0 g	0 mg	19 mg	34 mg

Ingredient

	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
LETTUCE,LEAF,FRESH,HEAD	6 lbs		9-3/8 lbs
CABBAGE,GREEN,FRESH,SHREDDED	2 lbs	3 qts 1 cup	2-1/2 lbs
CELERY,FRESH,SLICED	3 lbs	2 qts 3-3/8 cup	4-1/8 lbs
CUCUMBERS,FRESH,PEELED,SLICED	3 lbs	2 qts 3-1/2 cup	5-7/8 each
ONIONS,FRESH,SLICED	2 lbs	1 qts 3-7/8 cup	2-1/4 lbs
RADISH,FRESH,SLICES	1 lbs	3-7/8 cup	1-1/8 lbs
TOMATOES,FRESH,THIN WEDGES	4 lbs	2 qts 2-1/8 cup	4-1/8 lbs

Method

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