

SALADS, SALAD DRESSINGS, AND RELISHES No.M 049 00

VEGETABLE SALAD

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
45 cal	9 g	2 g	0 g	0 mg	282 mg	26 mg

Ingredient

BEANS, GREEN, CANNED, DRAINED
 CARROTS, CANNED, SLICED, DRAINED
 PEAS, GREEN, CANNED, DRAINED
 CELERY, FRESH, CHOPPED
 ONIONS, FRESH, SLICED
 SALAD DRESSING, FRENCH, FAT FREE

Weight

3-5/8 lbs
 6-1/2 lbs
 4-1/2 lbs
 5 lbs
 1 lbs
 2-1/4 lbs

Measure

3 qts
 3 qts
 3 qts
 1 gal 3/4 qts
 4 cup
 1 qts

Issue

6-7/8 lbs
 1-1/8 lbs

Method

- 1 Drain beans, carrots, and peas thoroughly. Cut carrots into 1/2-inch pieces.
- 2 Combine beans, carrots, and peas with celery and onions; toss lightly.
- 3 Add French Dressing to vegetable mixture; toss lightly.
- 4 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.