

John Stalker Institute

000124 - Colorful Marinated Vegetables

Recipe HACCP Process: #1 No Cook

Source:
 Number of Portions: 50
 Size of Portion: 1/2 cup

Meat/Alt: 0 oz
 Grains: 0 oz
 Fruit: 0 Cup
 Vegetable: 0.5 Cup
 Milk: 0 Cup

011333 PEPPERS,SWEET,GREEN,RAW..... 8 large,2-1/4 per LB 011821 PEPPERS,SWEET,RED,RAW..... 8 large,2-1/4 per LB 011951 PEPPERS,SWEET,YELLOW,RAW... 8 pepper,large	1. Wash, seed, and slice peppers thinly. Mix together in a large bowl.
011124 CARROTS,RAW..... 3 CUP, chopped	2. Peel and thinly slice carrots into sticks or coins. Cook and cool if desired, or keep raw. Add to the mixed peppers.
011979 PEPPERS,JALAPENO,RAW..... 2 pepper 004053 OIL,OLIVE,SALAD OR COOKING..... 1/2 CUP	3. Using gloves, seed and finely mince the jalapeno peppers and add to the mixed vegetables.
902415 Vinegar, Red Wine..... 1/3 CUP 002047 SALT,TABLE..... 1 TBSP 002030 PEPPER,BLACK..... 1/2 TSP, ground 901071 OREGANO LEAVES,DRIED..... 1 TBSP, leaves	4. Mix the dressing: Combine vegetable oil (can sub olive oil), red wine vinegar (or other desired vinegar), salt, black pepper, and dried oregano.
	5. Add dressing to mixed vegetables and stir well to combine. Can be served immediately, but can also be made a day ahead. Serve chilled. CCP: Hold for cold service at 41° F or lower.

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	44 kcal	Cholesterol	0.00 mg	Protein	0.87 g	Calcium	11.56 mg	48.15%	Calories from Total Fat
Total Fat	2.37 g	Sodium	149.28 mg	Vitamin A	389.82 RE	Iron	0.41 mg	6.80%	Calories from Sat Fat
Saturated Fat	0.34 g	Carbohydrate	5.51 g	Vitamin A	2279.57 IU	Water ¹	*83.52* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	1.53 g	Vitamin C	110.37 mg	Ash ¹	*0.82* g	49.71%	Calories from Carbohydrates
								7.83%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values