

Sunshine Garden Salad

Vegetable/Fruit

HACCP: #1 No Cook

Healthier Kansas Recipe 137
Ohio Department of Education

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Strawberry Preserves, sugar-free		½ cup			1. Microwave strawberry preserves until warm and slightly runny.
Italian Seasoning Mix Vinegar, Balsamic Vegetable Oil		6 Tbsp 1 cup 1 cup			2. Mix preserves, Italian seasoning mix, balsamic vinegar, and oil using a mixer or blender. Prepare dressing 1-2 days prior to service for maximum flavor.
Mandarin Oranges, canned in 100% juice or light syrup Strawberries, fresh, AP Spinach, partly trimmed, AP Romaine Lettuce, AP	14 lbs 9 lb 12 oz 3 lb 8 oz 3 lb 8 oz				3. Drain mandarin oranges. Wash and slice fresh strawberries. 4. Wash and chop romaine lettuce. Mix with spinach. 5. Lightly toss greens, oranges and strawberries. 6. Just before service, toss salad mix with dressing. CCP: Hold salad for cold service at 41°F or lower.

Serving Size	1 Serving Provides	Yield
1 cup	0.25 cup vegetables, DG + 0.5 cup fruit	100 servings

Nutrients Per Serving

Calories	84	Vitamin A	304.8 IU	Iron	1.09 mg
Protein	1.34 gm	Vitamin C	44.46 mg	Calcium	37.12 mg
Carbohydrate	15.59 gm	Fiber	2.27 gm	Cholesterol	0 mg
Fat	2.5 gm	% Fat	26.81 %	Sodium	21.79 mg
Saturated Fat	0.36 gm	% Saturated Fat	3.87 %		