

Spinach Strawberry Salad

Number of Portions: 25

HACCP Process: #1 No Cook

One portion provides: ½ cup vegetables (½ cup dark green)

½ cup fruits

Portion Size: 1-1/2 cups

Ingredients

Italian seasoning mix	1-½ tbsp
Balsamic vinegar	¼ cup
Water	¼ cup
Vegetable oil	2 tbsp
Strawberry preserves, sugar-free	2 tbsp
Spinach (raw)	4 lb
Mandarin oranges (canned in light syrup), drained	1 qt + 3 cups
Strawberries (fresh), sliced	1 qt + 3 cups

Instructions

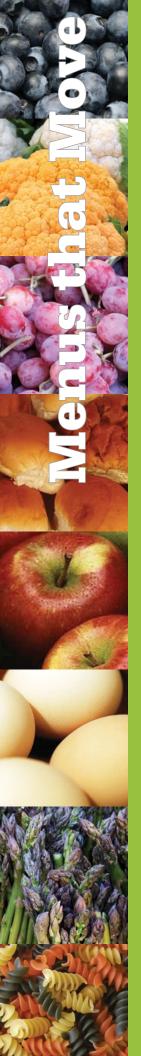
- Microwave strawberry preserves until warm and slightly runny. Mix preserves, Italian seasoning mix, balsamic vinegar, and oil using a mixer or blender. Prepare dressing 1 – 2 days prior to service for maximum flavor.
- 2. Drain mandarin oranges.
- 3. Wash and slice fresh strawberries.
- 4. Lightly toss spinach, oranges, and strawberries.
- 5. Just before service, toss salad mix with dressing. CCP: Hold salad for cold service at 41°F or lower.

Nutrition Information

Calories	85 kcal	Iron	3 mg	Protein	3 g	13% of kcal
Cholesterol	0 mg	Calcium	88 mg	Carbohydrates	17 g	82% of kcal
Sodium	62 mg	Vitamin A	7682 IU	Total Fat	2 g	17% of kcal
Dietary Fiber	3 g	Vitamin C	61 mg	Saturated Fat	<1 g	2% of kcal
				Trans Fat [†]	<1 g	<1% of kcal

[†]Nutrient totals computed with missing, incomplete, or optional data.

Ohio Department of Education



Spinach Strawberry Salad

Number of Portions: 50

HACCP Process: #1 No Cook

One portion provides: ½ cup vegetables (½ cup dark green)

½ cup fruits

Portion Size: 1-1/2 cups

Ind	ared	lients

Italian seasoning mix	3 tbsp	
Balsamic vinegar	½ cup	
Water	½ cup	
Vegetable oil	¼ cup	
Strawberry preserves, sugar-free	¼ cup	
Spinach (raw)	8 lb	
Mandarin oranges (canned in light syrup), drained	3 qt + 2 cups	
Strawberries (fresh), sliced	3 qt + 2 cups	

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