

Spring Salad Mix

Owatonna Public Schools

HACCP Process: #2 Same Day Service

One portion provides: 1/2 cup vegetables/fruits

Number of Portions: 100

Portion Size: 1/2 cup

Ingredients	
Baby spinach, fresh	3 lbs 2 oz
Romaine lettuce, chopped	4 lbs 3 oz
Red onion, julienned	2 1/4 cups
Strawberries, thawed and drained	8 1/3 cups
Mandarin oranges, drained	4 1/4 cups
Dressing:	
Lemon juice	3/4 cup + 1 1/2 tsp
White wine vinegar	1 cup + 2 tbsp
Poppy seeds	2 tbsp + 2 1/3 tsp
Sugar	2 3/4 cups
Vegetable oil	2 tbsp + 2 1/3 tsp

Instructions

1. Mix together the onions, strawberries and mandarin oranges. Store in cooler until ready for use.
2. Using a whisk, mix together the lemon juice, vinegar, poppy seeds, sugar and vegetable oil.
3. Combine the lettuce and spinach.
4. Just before serving, toss lettuce mixture with dressing. Turn into serving bowl and top with fruit mixture. Serve.

If serving in full hotel pans, quantities per pan (4) are as follows:

- 1 3/4 pound lettuce mixture
- 1 cup dressing
- 3 3/4 cups fruit mixture

Nutritional Information					
Calories	58	Iron	1 mg	Protein	1 g 6 %
Cholesterol	0 mg	Calcium	28 mg	Carbohydrates	13 g 93 %
Sodium	14 mg	Vitamin A	3094 IU	Total Fat	0.6 g 9.8%
Dietary Fiber	1 g	Vitamin C	21 mg	Saturated Fat	0.1 g 1.4%
				Trans Fat	0.0 g 0.0%