

Tossed Side Salad

Number of Portions: 25

HACCP Process: #1 No Cook

One portion provides: $\frac{3}{4}$ cup vegetables ($\frac{1}{2}$ cup dark green, $\frac{1}{4}$ cup other)

Portion Size: 1- $\frac{1}{4}$ cups

Ingredients

Romaine lettuce, chopped	12- $\frac{1}{2}$ cups
Spinach (raw), chopped	3 qt + $\frac{1}{2}$ cup
Carrots, chopped	1- $\frac{1}{2}$ cups + 1 tbsp (~3 medium carrots)
Green peppers, chopped	1- $\frac{1}{2}$ cups + 1 tbsp (~1- $\frac{1}{2}$ medium peppers)
Cucumber, sliced	1- $\frac{1}{2}$ cups + 1 tbsp (~1 medium cucumber)
Tomato, chopped	1- $\frac{1}{2}$ cups + 1 tbsp (~2 large tomatoes)

Instructions

1. Rinse and chop spinach and romaine lettuce. Place in large bowl. Set aside.
2. Rinse vegetables. Chop carrots, peppers, cucumber, and tomatoes.
3. For service, combine 1 cup lettuce/spinach mixture and $\frac{1}{4}$ cup chopped vegetables.

CCP: Hold all ingredients for cold service at 41°F or below.

Nutrition Information

Calories	16 kcal	Iron	<1 mg	Protein	1 g	32% of kcal
Cholesterol	0 mg	Calcium	31 mg	Carbohydrates	3 g	88% of kcal
Sodium	20 mg	Vitamin A	4937 IU	Total Fat	<1 g	6% of kcal
Dietary Fiber	1 g	Vitamin C	20 mg	Saturated Fat	<1 g	1% of kcal
				Trans Fat [†]	0 g	0% of kcal

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

Tossed Side Salad

Number of Portions: 50

HACCP Process: #1 No Cook

One portion provides: $\frac{3}{4}$ cup vegetables ($\frac{1}{2}$ cup dark green, $\frac{1}{4}$ cup other)

Portion Size: 1- $\frac{1}{4}$ cups

Ingredients

Romaine lettuce, chopped	25 cups
Spinach (raw), chopped	1- $\frac{1}{2}$ gal + 1 cup
Carrots, chopped	3- $\frac{1}{8}$ cups (6 – 7 medium carrots)
Green peppers, chopped	3- $\frac{1}{8}$ cups (3 – 4 medium peppers)
Cucumber, sliced	3- $\frac{1}{8}$ cups (~2 medium cucumbers)
Tomato, chopped	3- $\frac{1}{8}$ cups (~5 medium tomatoes)

Instructions

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3. For service, combine 1 cup lettuce/spinach mixture and $\frac{1}{4}$ cup chopped vegetables.

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