



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

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Chef Cyndie's Spring Salad with Pear Vinaigrette

Makes: 100 Servings

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Ingredients	Weight	Measure
Frozen lemon juice concentrate, reconstituted		1/2 cup
Lettuce, romaine, chopped	8 lb 4 oz	4 gal 5 1/3 cup
Apples, red, diced	2 lb 4 oz	1 qt 2 3/4 cup
Pears, diced	2 lb 4 oz	1 qt 2 3/4 cup
Onions, green, sliced	4 oz	1 3/4 cup
Pears, sliced undrained	3 lb 2 oz	1 No. 10 cans
Pear juice		1 1/3 cup
White wine vinegar		1 1/3 cup
Honey		4 Tbsp
Salt		1 Tbsp
Pepper, black		1 tsp
Vanilla extract		1 tsp
Pepper, red		1/2 tsp

Directions

1. Reconstitute lemon juice concentrate to make 1/2 cup total.
2. Wash and core apple and pears. Dice into 1/2" cubes. Note: Add diced apples and pears to reconstituted lemon juice to prevent browning.
3. Slice green onions into 1/8" pieces.
4. Remove apples and pears from lemon juice.
5. Combine lettuce, apples, pears, and green onions.
6. Portion 2 oz salad into serving dishes.
7. Just before serving, pour 1/2 oz prepared pear vinaigrette dressing over salad.

Pear vinaigrette salad dressing:

1. After weighing, drain pears, reserving 1 1/3 cup juice.
2. Combine all ingredients in food processor.
3. Blend until very smooth.

My Notes

Source: Iowa Gold Star Cycle Menus, Team Nutrition Iowa

Nutrition Information

Nutrients	Amount
Calories	34
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	75 mg
Total Carbohydrate	8 g
Dietary Fiber	2 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	1 g
Vitamin D	N/A
Calcium	13 mg
Iron	0 mg
Potassium	N/A
N/A - data is not available	