



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

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Peach Salad

Makes: 50 servings

50 Servings

Ingredients

Peach, Canned, Drained, rough chopped or use other fresh seasonal fruit like mangos
Basil or Mint, Fresh, washed, chiffonade
Cilantro, Fresh, washed, chopped
Pineapple, crushed, drained reserving juice
Red Onion, small dice
Cucumbers, peeled, diced
Bell Pepper, julienned
Carrots, local, shredded
Cabbage, shredded
Lemon/lime juice or cider vinegar
Juice from canned pineapple
Blended Oil
Salt and pepper

Weight

Measure

1 can
1/4 cup
1/4 cup
1/2 can
1/4 cup
1/2 cup
1/2 cup
1/2 cup
2 cups
1/4 cup
1/2 cup
1/2 cup
to taste

Directions

1. Combine all salad ingredients
2. Combine all dressing Ingredients
3. Dress salad before serving and chill

Notes

Use local produce whenever possible !!!

My Notes

Source: Kids First, Rhode Island

