

Moroccan Carrot Salad

Auburn School District

Recipe Category: Vegetable

Ingredients	50 Servings		100 Servings		____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Carrots, peeled and grated	3 lb 2 oz		6 lb 4 oz				<ol style="list-style-type: none"> 1. Combine grated carrots, dried raisins or cherries in a large mixing bowl and set aside. 2. Combine orange juice, lemon juice, orange zest, brown sugar, salt and cinnamon in the bowl of a mixer. Mix on medium speed, using a wire whip, until well blended. Or, with a whisk, mix by hand in a mixing bowl. 3. Slowly add the olive oil while mixing; whisk until well combined. 4. Pour the citrus cinnamon dressing over the grated carrot mixture and mix until carrots are well coated with dressing. 5. Serve chilled. <p>CCP: Hold at 41°F or below for cold service.</p>
Raisins or dried cherries	8 oz		1 lb				
Dressing:							
Fresh Orange Juice		¾ cup		¾ cup			
Fresh Lemon Juice		¼ cup		½ cup			
Fresh Orange Zest		1 Tbsp 1 tsp		2 Tbsp 2 tsp			
Brown Sugar		2 Tbsp		¼ cup			
Salt		1 tsp		2 tsp			
Cinnamon, ground		1 tsp		2 tsp			
Vegetable Oil (or Olive oil)		1 cup		2 cups			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
¼ cup		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
		¼ cup (red/orange)	

Nutrient Analysis		
Calories: 67	Saturated Fat: .68 gram	Sodium: 66.84 mg