



## Recipe Production

**Recipe Number:** SA121

**Recipe Name:** WHEAT BERRY SALAD 1 QT BULK

**Hot:** No      **Recipe Source:** Cook Book

**HACCP Process Category:** Complex

**Serving Description:** 1 QUART

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
2	1 QUART				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
3541	WHEAT BERRIES 6/2 LB	12	Ounce			(Unassigned)
TAP	WATER	3	Fl Oz			(Unassigned)
2500	BEANS BLACK 6/10	10	Ounce	8 1/2	Gram	(Unassigned)
2577	PEPPER GREEN MED 25 LB	7	Ounce	22 2/3	Gram	(Unassigned)
2600	CILANTRO 6 CT	1	Ounce	14 1/8	Gram	(Unassigned)
1046	SPICE CUMIN BULK 10 LB	2 1/3	tsp			(Unassigned)
2179	LIMES 12 CT	2				(Unassigned)
1309	OIL VEGETABLE 6/1 GAL	4	Tbsp			(Unassigned)
1011	SALT KOSHER 12/3 LB	2 1/2	tsp			(Unassigned)
1022	SPICE PEPPER BLK 18OZ	1/2	tsp			(Unassigned)

**Cooking Instructions**

**Cooking Temperature:** 0      **Cooking Times:**    **Hours:** 0      **Minutes:** 0

**Pre-Preparation Instructions**

Black bean yield 75%.  
 Pepper yield 80%.  
 Cook wheatberries per package directions. They will soften and begin to bloom. Cool completely.  
 Drain and chill beans.  
 Small dice green pepper.  
 Chop green onion and cilantro. Squeeze limes - 1 lime should yield 2 T juice. 4 T juice required for 2 qt salad.

**Preparation Instructions**

Combine cooked wheatberries, black beans, onion, and cilantro.  
 In a separate bowl whisk together lime juice, oil, cumin, salt and pepper.  
 Pour dressing over salad and toss well.  
 Transfer to hotel pans. Cover, label, date.  
 Keep cold per HACCP until transported.

**Serving Instructions**

Keep salad cold until use on salad bar.  
 One recipe batch of 2 qts yields 16/.5 cup servings or 1 full salad bar 1/4 pan.  
 Transfer salad to salad bar 1/4 pan and place on salad bar.  
 Salad is whole grain and can be served on pizza and pasta days to fulfill whole grain requirement of HUSSC.



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Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	2,047.7915	171.4659	1,023.8958		
Saturated Fat	g	5.7493	0.4814	2.8746	2.53	
Sodium	mg	7,212.4376	603.9126	3,606.2188		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	60.3401	5.0524	30.1700	26.52	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	331.0343	27.7182	165.5172	64.66	
Total Dietary Fiber	g	88.6816	7.4255	44.3408		
Protein	g	51.8248	4.3394	25.9124	10.12	
Vitamin A (RE)	RE	147.2016	12.3255	73.6008		
Vitamin A (IU)	IU	951.8201	79.6979	475.9100		
Vitamin C	mg	217.3885	18.2024	108.6942		
Calcium	mg	872.4252	73.0500	436.2126		
Iron	mg	15.7968	1.3227	7.8984		
Moisture	g	638.1041	53.4298	319.0520		*
Ash	g	22.3869	1.8745	11.1934		*

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
3541	WHEAT BERRIES 6/2 LB	1.00	(Unassigned)	0	0.38	BAG (2 LB)	/
TAP	WATER	1.00	(Unassigned)	0	0.00	UNLIMITED	/
2500	BEANS BLACK 6/10	1.00	(Unassigned)	0	0.09	CAN (111 OZ)	/
2577	PEPPER GREEN MED 25 LB	1.00	(Unassigned)	0	0.49	LB	/
2600	CILANTRO 6 CT	1.00	(Unassigned)	0	0.54	BUNCH	/
1046	SPICE CUMIN BULK 10 LB	1.00	(Unassigned)	0	0.01	LB	/
2179	LIMES 12 CT	1.00	(Unassigned)	2	0.00	PIECE	/
1309	OIL VEGETABLE 6/1 GAL	1.00	(Unassigned)	0	0.02	GAL	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.01	BOX (3 LB)	/
1022	SPICE PEPPER BLK 18OZ	1.00	(Unassigned)	0	0.04	OZ	/

**REPORT CRITERIA:**

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