



WALNUT AND BROWN RICE SHAKER SALAD WITH ASIAN DRESSING

SERVINGS: 100 SERVINGS CALORIES: 440 KCAL

Shake up lunchtime menus with this colorful and textured salad. Filled with lots of crunchy goodness and topped with Asian sesame dressing this salad will make for a fantastic grab and go lunch!

INGREDIENTS

6 pounds 4 ounces Walnuts, California

3 gallons 2 cups Rice, brown, cooked, chilled USDA #101031

9 pounds 8 ounces Edamame, shelled, frozen

10 pounds 8 ounces Bell peppers, sweet, fresh

1 gallon 2 quarts 1 cup Tomatoes, fresh, diced RTU (chopped or sliced)

100 1 ounce cups Dressing, Asian sesame lite

INSTRUCTIONS

PRE-PREP:

1. Clean and sanitize workstation.

PREP:

1. Place Asian sesame dressing in cooler.

COOK:

1. Pull edamame from freezer.
2. Cook edamame according to directions on package.
3. Drain well and place edamame in food storage container.

COOL:

1. Cover, date stamp and place in cooler overnight to cool.

PREP:

1. Set up 6 quart food processor with S blade.
2. Pull California walnut pieces from freezer to workstation.
3. Wash hands thoroughly and put on gloves.
4. Add 3 quarts + 1/2 cup (3 pounds 2 ounces) of walnut pieces to processor.
5. Pulse 3 times to roughly chop walnuts.
6. Empty walnuts from processor and place in food storage container.
7. Repeat 1 more batch.
8. Cover walnuts, date stamp and refrigerate overnight.

PREP:

1. Pull fresh red bell peppers from cooler, wash thoroughly and allow drying.
2. Wash hands thoroughly and put on gloves.
3. Chop bell peppers and place in food storage container.
4. Cover, date stamp and refrigerate overnight.

PRE-PREP:

1. Clean and sanitize workstation.
2. Pull 12 ounce clear parfait containers with flat and dome lids and place at workstation.
3. Pull California walnuts, cooked chilled brown rice, diced bell pepper, diced tomatoes and salad dressing from cooler and place at workstation.
4. Set up assembly line.
5. Wash hands thoroughly and put on gloves.

PREP:

1. Using a 4 ounce spoodle place 1/2 cup of cooked, chilled brown rice in bottom of parfait.

2. Using a 2 ounce spoodle, place 1/4 cup diced bell peppers on top of rice.
3. Using a 2 ounce spoodle place 1/4 cup diced tomatoes on top of peppers.
4. Using a 2 ounce spoodle place 1/4 cup cooked edamame on top of tomatoes.
5. Using a 2 ounce spoodle, top parfait with 1/4 cup (1 ounce) lightly chopped walnut pieces and cover with flat lid.
6. Add 1 ounce cup of Asian sesame dressing and top with dome lid.
7. Date stamp and place in cooler for service.

SERVE:

1. Serve one Walnut and Brown Rice Shaker Salad with Asian Dressing.

RECIPE NOTES

Allergens: Tree nuts, wheat, soybeans

Production Notes California walnuts are best kept frozen and can be used from a frozen state. Walnuts are the only nut significantly high in the omega-3 fatty acid alpha-linolenic acid (ALA) (2.5g/oz). If red bell peppers are used, vegetable credit changes to 1/2 cup red/orange vegetables. Green and yellow peppers credit as other vegetables.

CCP: Pre-chill ingredients for foods served cold (sandwiches and salads) below 41° F before combining.

CCP: Heat until an internal temp. is reached of 140° F for 15 seconds

CCP: Do not exceed a total cooling time of six hours using appropriate procedures

CCP: Hold below 41° F, and never handle ready to eat foods with bare hands

CCP: Prepare foods at room temperature in two hours or less

Yield 100 servings

Crediting: 2 oz meat/meat alternative (1 oz eq each from walnuts and edamame), 1 oz grain equivalent, 1/2 cup vegetable (1/4 cup red/orange, 1/4 cup other vegetable)

NUTRITION FACTS PER SERVING (1SALAD)

Calories: 440 kcal | Fat: 26 g | Saturated fat: 2.5 g | Sodium: 405 mg | Carbohydrates: 42 g | Fiber: 7 g | Sugar: 9 g | Protein: 14 g

This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.