



Super Yum Salad

Tips

- Serve this salad and other salads in black bowls or containers to make the green really pop.
- For larger cucumbers, try cutting them in half and using a spoon to remove the seeds.
- Chopped spinach is more appealing to kids than whole spinach leaves.



Super Yum Salad

Recipe

Ingredients

Romaine lettuce, diced	6 lbs
Spinach leaves, chopped	7 lbs
Tomatoes, grape	2 lbs
Apples, Gala	10 each
Orange juice	2 cups
Cucumber	2 lbs
Strawberries, fresh	1 lb 8 oz

Serve with Vinaigrette Dressing (recipe on following page)

Directions:

1. Combine chopped romaine lettuce and spinach.
2. Place greens in 4 inch deep full size steamtable pan
(If pre-portioning, place $\frac{3}{4}$ c mixed greens into portion cup).
3. Wash grape tomatoes using a colander, and set aside.
4. Core and dice apples. A fruit sectionizer may be used to slice and core, prior to dicing.
5. Immediately upon cutting apples, place into orange juice (or other anti-oxidant) to prevent browning.
6. Dice cucumbers (if cucumbers are extremely large, consider cutting in half and using a spoon to remove the seed cavity).
7. Slice strawberries.
8. Combine tomatoes, diced apples, cucumbers, and sliced strawberries.
(If pre-portioning, top each portion cup with approximately 1 to 1 1/2 Tbsp of fruit and vegetable mixture).
9. Add 2 cups of fruit and vegetable mixture to each pan.

Makes 100 1 cup servings.