

Spinach Salad

Vegetable

Salad

Recipe #New School Cuisine modified p 50

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Romaine lettuce, fresh	3 lb 10 oz				<p><i>Thoroughly rinse fresh produce in cool, potable running water before cutting.</i></p> <p>1. Trim romaine and spinach. Cut into 1/2-inch pieces.</p> <p>2. Mix spinach and romaine in a large bowl.</p> <p>3. Process vinegar, brown sugar, mustard, garlic powder, salt and pepper in a food processor fitted with a steel blade until combined. With the motor running, add oil in a stream and blend for 10 to 20 seconds.</p> <p>4. Drizzle with dressing and toss to coat. Serve immediately. OPTION: Do not dress salad and serve dressing separately</p> <p>NOTE: Salad dressing may be served separately (on the side) to children.</p> <p><i>Store ready to eat foods on the top shelf of refrigerator and protect from cross contamination by raw foods.</i></p> <p><i>Cold foods must be held under temperature control at 41° F or lower. Food temperatures must be checked every four hours, and discarded if found to be greater than 41° F.</i></p>
Baby spinach, fresh	3 lb 12 oz				
Balsamic vinegar		2/3 cup			
Brown sugar		½ cup			
Dijon mustard		1 Tbsp 1 tsp			
Garlic powder (adjust as needed)		2 tsp			
Salt		1 ¼ tsp			
Ground black pepper		1 ¼ tsp			
Vegetable oil or olive oil		1 1/3 cup			

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Notes:

Nutrient information calculated using Food Processor.

Serving: 1 ½ cup

1-2 years: none

3-5 years: ½ cup (.33 serving)

6-18 years: 1 (.67 servings)

Nutrients Per Serving

Calories	76	Saturated Fat	0.83 g	Iron	1.28 mg
Protein	1.38 g	Cholesterol	0 mg	Calcium	46.24 mg
Carbohydrate	5.12 g	Vitamin A	292.48 RAE mcg	Sodium	97.84 mg
Total Fat	5.97 g	Vitamin C	10.51 mg	Dietary Fiber (2016)	1.42 g

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