

Strawberry Spinach Salad

Vegetable

Salad

Recipe #New School Cuisine modified p 50

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
*Cucumbers, fresh	3 lb				<p><i>Thoroughly rinse fresh produce in cool, potable running water before cutting.</i></p> <ol style="list-style-type: none"> 1. Peel cucumbers. Cut in half lengthwise then slice ¼-inch thick. 2. Hull strawberries and cut into ¼-inch thick slices. 3. Trim romaine and cut into 1/2-inch pieces. 4. Mix spinach and romaine in a large bowl. 5. Process vinegar, syrup, 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. 6. Add the strawberries, and cucumbers to the greens. Drizzle with dressing and toss to coat. Refrigerate or serve immediately. <p>OPTIONAL : You may serve dressing separately.</p> <p><i>Reduce the volume or size of foods before cooling. Cooling must progress from 70°F to 41°F within four hours for safety.</i></p> <p><i>Store ready to eat foods on the top shelf of refrigerator and protect from cross contaminated 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>
*Strawberries, fresh	3 lb 4 oz				
*Romaine lettuce, fresh	2 lb 4 oz				
*Baby spinach, fresh	2 lb 12 oz	2 gal + 2 qt			
Balsamic vinegar		½ cup			
Brown sugar		6 Tbsp			
Dijon mustard		1 Tbsp			
Garlic powder		1 ½ tsp			
Salt		1 tsp			
Ground black pepper		1 tsp			
Vegetable oil or olive oil		1 cup			

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Notes:

Maple syrup replaced with brown sugar.
Sunflower/pumpkin seeds omitted.
Nutrient information calculated using Food Processor.

Serving: 1 ¼ cup

1-2 years: none
3-5 years: 3/8 cup (0.4 servings)
6-18 years: 3/4 cup (0.8 servings)

Yield:

50 Servings:

100 Servings:

Volume:

50 Servings:

100 Servings:

Nutrients Per Serving

Calories	69.15	Saturated Fat	0.63 g	Iron	1.09 mg
Protein	1.33 g	Cholesterol	0 mg	Calcium	41.44 mg
Carbohydrate	6.55 g	Vitamin A	202.59 RAE	Sodium	76.35 mg
Total Fat	4.61 g	Vitamin C	25.77 mg	Dietary Fiber (2016)	1.76 g

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