

# Tossed Salad

Recipe Component: Vegetable

Recipe Category: Salad

Recipe #KSU Developed

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Romaine lettuce, fresh, washed, shredded		50 cups			<p>1. Combine romaine lettuce and diced tomatoes.</p> <p><i>Thoroughly rinse fresh produce in cool, potable running water before cutting.</i></p> <p>2. Toss lightly to mix.</p> <p>3. Cover. Refrigerate until ready to serve.</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 contamination by raw foods.</i></p> <p>4. Mix lightly before serving.</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>
Tomato, fresh, washed, diced		6 cup			

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**Notes:**  
Nutrients calculated using Food Processor.

**Serving:** 1 cup  
1-2 years: Do not serve to under 3 years old  
3-5 years: 1/2 cup  
6-18 years: varies, see menu

<b>Nutrients Per Serving</b>					
<b>Calories</b>	12	<b>Saturated Fat</b>	0.01 g	<b>Iron</b>	0.26 mg
<b>Protein</b>	0.38 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	8.84 mg
<b>Carbohydrate</b>	2.5 g	<b>Vitamin A</b>	106.84 RAE mcg	<b>Sodium</b>	2.42 mg
<b>Total Fat</b>	0.09 g	<b>Vitamin C</b>	2.42 mg	<b>Dietary Fiber (2016)</b>	1.2 g