

Broccoli Raisin Salad



1 Serving Provides:

CACFP: ½ cup Vegetables

NSLP: ½ cup Dark Green Vegetables

SFSP: ½ cup Vegetables

HACCP Process #1 No Cook Preparation

Ingredients	12 Servings		24 Servings	
	Weight	Measure	Weight	Measure
Broccoli, fresh, chopped	14 ounces	3 cups	1 pound 12 ounces	1 quart + 2 cups
Raisins		½ cup		1 cup
Red onion, finely chopped		⅓ cup		⅔ cup
Sunflower seeds, unsalted		⅓ cup		⅔ cup
Bacon bits		⅓ cup		⅔ cup
Light mayonnaise		⅔ cup		1⅓ cups
Sugar		⅓ cup		⅔ cup
Red wine vinegar		1½ Tablespoons		3 Tablespoons



Directions

1. Combine chopped broccoli, raisins, chopped onion, sunflower seeds and bacon bits in a large bowl.
2. Combine mayonnaise, sugar and vinegar in a small bowl.
3. Stir mayonnaise mixture into salad.

CCP: Hold for cold service at or below 41°F.

Serve ⅔ cup portions using a #6 scoop.

Serving	Yield	Volume
⅔ cup	12 Servings: about 1 pound 14 ounces 24 Servings: about 3 pounds 12 ounces	12 Servings: 6 cups 24 Servings: 3 quarts

Nutrients Per Serving			
Calories	124	Sodium	199 mg
Total Fat	5.8 g	Carbohydrate	16 g
Saturated Fat	0.7 g	Dietary Fiber	2 g
Cholesterol	4 mg	Protein	4 g
		Vitamin A	206 IU
		Vitamin C	30 mg
		Iron	1 mg
		Calcium	22 mg