

# Green Salad with Peas

HACCP Process #1 No Cook Preparation



1 Serving Provides:

CACFP: 1 cup Vegetables, ½ ounce equivalent Meat/Meat Alternate

NSLP: ½ cup Dark Green Vegetables, ¼ cup Starchy Vegetables,  
¼ cup Other Vegetables, ½ ounce equivalent Meat/Meat Alternate

SFSP: 1 cup Vegetables, ½ ounce equivalent Meat/Meat Alternate

Ingredients	12 Servings		25 Servings	
	Weight	Measure	Weight	Measure
Romaine lettuce, washed, chopped into bite-size pieces	1 pound 10 ounces	1 quart + 1 cup	3 pounds 4 ounces	2 quarts + 2 cups
Green peas, frozen, thawed	1 pound 6 ounces	1 quart + ⅔ cup	2 pounds 12 ounces	2 quarts + 1⅓ cups
Cucumber, raw, stripe-peeled, sliced	1 pound 4 ounces	1 quart + 1 cup	2 pounds 8 ounces	2 quarts + 2 cups
Mozzarella cheese, low moisture part skim, grated	6 ounces	1½ cups	12 ounces	3 cups
Salad dressing of choice	12 ounces	1½ cups	1 pound 8 ounces	3 cups



## Directions

- Place 1 (packed) cup romaine lettuce into each portion container. Add ¼ cup each of the thawed green peas and sliced cucumber. Top with ½ ounce (2 tablespoons) mozzarella cheese.

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

Serve each portion with 1 ounce of salad dressing.

Serving	Yield	Volume
1 salad	12 Servings: about 4½ pounds 25 Servings: about 9 pounds	12 Servings: 1 gallon 25 Servings: 2 gallons

Nutrients Per Serving					
Calories	96	Sodium	152 mg	Vitamin A	5886 IU
Total Fat	3.3 g	Carbohydrate	10 g	Vitamin C	13 mg
Saturated Fat	1.6 g	Dietary Fiber	4 g	Iron	1 mg
Cholesterol	8 mg	Protein	7 g	Calcium	139 mg