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

	50 Servings		100 Servings			
Ingredients	Weight	Measure	Weight	Measure		
Romaine lettuce, washed, chopped into bite-size pieces	6 pounds 8 ounces	1 gallon + 1 quart	13 pounds	2 gallons + 2 quarts		
Green peas, frozen, thawed	5 pounds 8 ounces	1 gallon + 2⅔ cups	11 pounds	2 gallons + 1 quart + 1⅓ cups		
Cucumber, raw, stripe-peeled, sliced	5 pounds	1 gallon + 1 quart	10 pounds	2 gallons + 2 quarts		
Mozzarella cheese, low moisture part skim, grated	1 pound 8 ounces	1 quart + 2 cups	3 pounds	3 quarts		
Salad dressing of choice	3 pounds	1 quart + 2 cups	6 pounds	3 quarts		



Directions

1. Place 1 (packed) cup romaine lettuce into each portion container. Add 1/4 cup each of the thawed green peas and sliced cucumber. Top with 1/2 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	Nutrients Pe	Nutrients Per Serving						
	50 Servings: about 18 pounds 100 Servings: about 36 pounds	50 Servings: 4 gallons 100 Servings: 8 gallons	Calories	96	Sodium	152 mg	Vitamin A	5886 IU		
			Total Fat Saturated Fat	3.3 g 1.6 g	Carbohydrate Dietary Fiber	10 g 4 g	Vitamin C Iron	13 mg 1 mg		
			Cholesterol	8 ma	Protein	7 a	Calcium	139 ma		

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