

# Carrot Ginger Salad



1 Serving Provides:

CACFP: ½ cup Vegetable

NSLP: ½ cup Red/Orange Vegetables

SFSP: ½ cup Vegetable

HACCP Process #1 No Cook Preparation

Ingredients	12 Servings		25 Servings	
	Weight	Measure	Weight	Measure
Carrots, fresh, grated	1 pound 4 ounces	1 quart + 1 cup	2 pounds 8 ounces	2 quarts + 2 cups
Red bell pepper, fresh, diced	3 ounces	½ cup	6 ounces	1¼ cup
Raisins or dried cranberries	3 ounces	½ cup	6 ounces	1 cup
Sunflower seeds, shelled, raw	3 ounces	½ cup	6 ounces	1 cup
Orange juice		½ cup + 2 Tablespoons		1¼ cups
Vegetable oil		2 Tablespoons + 1½ teaspoons		¼ cup + 1 Tablespoon
Low sodium soy sauce		2 Tablespoons + 1½ teaspoons		¼ cup + 1 Tablespoon
Sugar		1½ teaspoons		1 Tablespoon
Ground ginger		¼ teaspoon		½ teaspoon
Cayenne pepper		⅛ teaspoon		¼ teaspoon



## Directions

1. Combine grated carrots, diced bell pepper, raisins or dried cranberries, and sunflower seeds in a large mixing bowl.
2. In a separate container whisk together the orange juice, vegetable oil, low sodium soy sauce, sugar, ground ginger and cayenne pepper. Pour the dressing over the carrots and stir to combine.

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

Just before service stir the salad again to distribute any dressing that may have settled to the bottom. Serve ½ cup portions using a #8 scoop.

Serving	Yield	Volume
½ cup	12 Servings: about 2 pounds 25 Servings: about 4 pounds	12 Servings: about 6 cups 25 Servings: about 12½ cups

Nutrients Per Serving			
Calories	114	Sodium	125 mg
Total Fat	6.5 g	Carbohydrate	13 g
Saturated Fat	0.5 g	Dietary Fiber	2 g
Cholesterol	0 mg	Protein	2 g
		Vitamin A	7675 IU
		Vitamin C	13 mg
		Iron	0.6 mg
		Calcium	25 mg

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