

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	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Carrots, fresh, grated	5 pounds	1 gallon + 1 quart	10 pounds	2 gallons + 2 quarts
Red bell pepper, fresh, diced	12 ounces	2½ cups	1 pound 8 ounces	1 quart + 1 cup
Raisins or dried cranberries	12 ounces	2 cups	1 pound 8 ounces	1 quart
Sunflower seeds, shelled, raw	12 ounces	2 cups	1 pound 8 ounces	1 quart
Orange juice		2½ cups		1 quart + 1 cup
Vegetable oil		½ cup + 2 Tablespoons		1¼ cups
Low sodium soy sauce		½ cup + 2 Tablespoons		1¼ cups
Sugar		2 Tablespoons		¼ cup
Ground ginger		1 teaspoon		2 teaspoons
Cayenne pepper		½ teaspoon		1 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	50 Servings: about 8 pounds 100 Servings: about 16 pounds	50 Servings: about 1½ gallons 100 Servings: about 3 gallons

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