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

	50 Servings		100 Servings	
Ingredients	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	Vitamin A	7675 IU		
Total Fat	6.5 g	Carbohydrate	13 g	Vitamin C	13 mg		
Saturated Fat	0.5 g	Dietary Fiber	2 g	Iron	0.6 mg		
Cholesterol	0 mg	Protein	2 g	Calcium	25 mg		

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. ©2016 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.