

Broccoli Raisin Salad



1 Serving Provides:

CACFP: ½ cup Vegetables

NSLP: ½ cup Dark Green Vegetables

SFSP: ½ cup Vegetables

HACCP Process #1 No Cook Preparation

Ingredients	12 Servings		24 Servings	
	Weight	Measure	Weight	Measure
Broccoli, fresh, chopped	14 ounces	3 cups	1 pound 12 ounces	1 quart + 2 cups
Raisins		½ cup		1 cup
Red onion, finely chopped		⅓ cup		⅔ cup
Sunflower seeds, unsalted		⅓ cup		⅔ cup
Bacon bits		⅓ cup		⅔ cup
Light mayonnaise		⅔ cup		1 ⅓ cups
Sugar		⅓ cup		⅔ cup
Red wine vinegar		1 ½ Tablespoons		3 Tablespoons



Directions

1. Combine chopped broccoli, raisins, chopped onion, sunflower seeds and bacon bits in a large bowl.
2. Combine mayonnaise, sugar and vinegar in a small bowl.
3. Stir mayonnaise mixture into salad.

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

Serve ⅔ cup portions using a #6 scoop.

Serving	Yield	Volume	Nutrients Per Serving			
⅔ cup	12 Servings: about 1 pound 14 ounces 24 Servings: about 3 pounds 12 ounces	12 Servings: 6 cups 24 Servings: 3 quarts	Calories	124	Sodium	199 mg
			Total Fat	5.8 g	Carbohydrate	16 g
			Saturated Fat	0.7 g	Dietary Fiber	2 g
			Cholesterol	4 mg	Protein	4 g
					Vitamin A	206 IU
					Vitamin C	30 mg
					Iron	1 mg
					Calcium	22 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.