Broccoli Raisin Salad

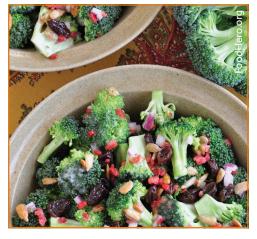


1 Serving Provides:

CACFP: ½ cup Vegetables NSLP: ½ cup Dark Green Vegetables SFSP: ½ cup Vegetables

HACCP Process #1 No Cook Preparation

	12 S	ervings	24 Servings			
Ingredients	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		²⁄₃ cup		
Sunflower seeds, unsalted		⅓ cup		²⁄₃ cup		
Bacon bits		⅓ cup		²⁄₃ cup		
Light mayonnaise		²⁄₃ cup		1⅓ cups		
Sugar		⅓ cup		²⁄₃ cup		
Red wine vinegar		1½ 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 $\frac{2}{3}$ cup portions using a #6 scoop.

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

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