

Green Salad with Peas

HACCP Process #1 No Cook Preparation



1 Serving Provides:

CACFP: 1 cup Vegetables, ½ ounce equivalent Meat/Meat Alternate

NSLP: ½ cup Dark Green Vegetables, ¼ cup Starchy Vegetables,
¼ cup Other Vegetables, ½ ounce equivalent Meat/Meat Alternate

SFSP: 1 cup Vegetables, ½ ounce equivalent Meat/Meat Alternate

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Romaine lettuce, washed, chopped into bite-size pieces	6 pounds 8 ounces	1 gallon + 1 quart	13 pounds	2 gallons + 2 quarts
Green peas, frozen, thawed	5 pounds 8 ounces	1 gallon + 2⅔ cups	11 pounds	2 gallons + 1 quart + 1⅓ cups
Cucumber, raw, stripe-peeled, sliced	5 pounds	1 gallon + 1 quart	10 pounds	2 gallons + 2 quarts
Mozzarella cheese, low moisture part skim, grated	1 pound 8 ounces	1 quart + 2 cups	3 pounds	3 quarts
Salad dressing of choice	3 pounds	1 quart + 2 cups	6 pounds	3 quarts



Directions

- Place 1 (packed) cup romaine lettuce into each portion container. Add ¼ cup each of the thawed green peas and sliced cucumber. Top with ½ ounce (2 tablespoons) mozzarella cheese.

CCP: Hold for cold service at 41°F or below.
Serve each portion with 1 ounce of salad dressing.

Serving	Yield	Volume
1 salad	50 Servings: about 18 pounds 100 Servings: about 36 pounds	50 Servings: 4 gallons 100 Servings: 8 gallons

Nutrients Per Serving			
Calories	96	Sodium	152 mg
Total Fat	3.3 g	Carbohydrate	10 g
Saturated Fat	1.6 g	Dietary Fiber	4 g
Cholesterol	8 mg	Protein	7 g
		Vitamin A	5886 IU
		Vitamin C	13 mg
		Iron	1 mg
		Calcium	139 mg