M. SALADS, SALAD DRESSINGS, AND RELISHES No. 0(1)

INDEX

Card No		Card No.	
M 001 00	Apple, Celery, and Pineapple Salad	M 009 02	Cabbage and Carrot Slaw with Creamy
M 001 01	Cabbage, Apple, and Celery Salad		Dressing
M 001 02	Cabbage, Apple, and Raisin Salad	M 009 03	Pineapple Cole Slaw
M 002 00	Spinach Salad	M 009 04	Pineapple Marshmallow Cole Slaw
M 002 01	Spinach and Apple Salad	M 009 05	Vegetable Slaw with Creamy Dressing
M 002 02	Spinach and Mushroom Salad	M 010 00	Honey Mustard Dressing
M 003 00	Red Wine Vinaigrette Dressing	M 011 00	Low Calorie Yogurt Dressing
M 004 00	Frijole Salad	M 012 00	Cottage Cheese Salad
M 005 00	Carrot Salad	M 013 00	Cottage Cheese and Peach Salad
M 005 01	Carrot and Pineapple Salad	M 013 01	Cottage Cheese and Apricot Salad
M 005 02	Carrot, Celery, and Apple Salad	M 013 02	Cottage Cheese and Pear Salad
M 006 00	Pimiento Cheese Stuffed Celery	M 013 03	Cottage Cheese and Pineapple Salad
M 006 01	Cottage Cheese Stuffed Celery	M 014 00	Cottage Cheese and Tomato Salad
M 006 02	Peanut Butter Stuffed Celery	M 015 00	Cucumber and Onion Salad
M 006 03	Cream Cheese Stuffed Celery	M 016 00	Low Calorie Thousand Island Dressing
M 007 00	Chef's Salad	M 017 00	Fruit Salad
M 007 01	Chef's Salad (Entree)	M 018 00	Garden Cottage Cheese Salad
M 008 00	Cole Slaw	M 019 00	Garden Vegetable Salad
M 008 01	Mexican Cole Slaw	M 020 00	Marinated Carrots
M 009 00	Cole Slaw with Creamy Dressing	M 021 00	Low Calorie Tangy Tarragon Dressing
M 009 01	Cole Slaw with Vinegar Dressing	M 021 01	Low Calorie Basil Dressing
		M 022 00	Tangy Yogurt Salad Dressing

Card No.		Card No.	
M 023 00	Jellied Cranberry and Orange Salad	M 038 00	Pasta Salad
M 023 01	Jellied Cranberry and Orange Salad (Canned)	M 039 00	Corn Relish
M 024 00	Jellied Cranberry and Pineapple Salad	M 040 00	Potato Salad
M 025 00	Jellied Fruit Salad	M 040 01	Deviled Potato Salad
M 025 01	Jellied Orange Salad	M 040 02	Potato Salad with Vinegar Dressing
M 025 02	Jellied Pear Salad	M 041 00	Potato Salad (Dehydrated Sliced Potatoes)
M 025 03	Jellied Pineapple, Pear, and Banana Salad	M 042 00	Hot Potato Salad
M 025 04	Jellied Strawberry Salad	M 043 00	Hot Potato Salad (Dehydrated Sliced Potatoes)
M 025 05	Jellied Banana Salad	M 044 00	Spring Salad
M 026 00	Jellied Fruit Cocktail Salad	M 045 00	Three Bean Salad
M 027 00	German Cole Slaw	M 045 01	Pickled Green Bean Salad
M 028 00	Taco Salad	M 046 00	Tossed Lettuce, Cucumber and Tomato Salad
M 029 00	Italian Style Pasta Salad	M 046 01	Tossed Garden Salad
M 030 00	Cobb Salad	M 046 02	Tossed Calico Garden Salad
M 031 00	Kidney Bean Salad	M 046 03	Tossed Romaine, Cucumber and Tomato Salad
M 032 00	Fruit Medley Salad	M 046 04	Tossed Red Leaf Lettuce, Cucumber and
M 033 00	Lettuce and Tomato Salad		Tomato Salad
M 034 00	Macaroni Salad	M 046 05	Green Leaf Lettuce, Cucumber and Tomato
M 035 00	Mixed Fruit Salad		Salad
M 036 00	Perfection Salad	M 047 00	Tossed Green Salad
M 036 01	Golden Glow Salad	M 048 00	Tossed Vegetable Salad
M 036 02	Jellied Spring Salad	M 048 01	Tossed Calico Vegetable Salad
M 037 00	Pickled Beet and Onion Salad	M 049 00	Vegetable Salad

M. SALADS, SALAD DRESSINGS, AND RELISHES No. 0(2)

INDEX

Card No.		Card No.	
M 050 00 M 050 01 M 051 00 M 052 00 M 053 00 M 053 01 M 054 00 M 055 00 M 056 00 M 057 00 M 058 01 M 059 00 M 060 00 M 061 00 M 062 00 M 063 00 M 064 00 M 065 00 M 066 00 M 066 00 M 066 00 M 067 00 M 068 00	Waldorf Salad Apple, Celery, and Raisin Salad Cranberry Orange Relish Guacamole German Style Tomato Salad Country Style Tomato Salad Tomato French Dressing Vinaigrette Dressing Quick Fruit Dressing Zero Salad Dressing French Dressing Low Calorie French Dressing Blue Cheese Dressing Garlic French Dressing Tangy Salad Dressing Mexican Potato Salad Thousand Island Dressing Creamy Italian Dressing Creamy Horseradish Dressing Low Calorie Tomato Dressing Russian Dressing Sour Cream Dressing	M 068 01 M 069 00 M 070 00 M 071 00 M 072 00 M 072 01 M 073 00 M 074 00 M 504 00 M 801 00	Blue Cheese and Sour Cream Dressing Vinegar and Oil Dressing Zesty Rotini Pasta Salad Salsa Pasta Salad Confetti Rice Salad Creamy Cucumber Rice Salad Kiwi Fruit Salad Marinated Black Bean Salad Broccoli Salad Salad Bar
	~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~		

M-G. SALADS, SALAD DRESSINGS, AND RELISHES No. 1(1)

GUIDELINES FOR RELISH TRAYS OR SALAD BARS

Crisp colorful relishes may be served on relish trays or salad bars. Raw vegetable relishes (celery sticks, carrot sticks, or radishes) and pickles, pickled peppers, or olives may be used. Salad greens along with the other foods may be added for "make-your-own" salads from the Salad Bar. Place prepared relishes in covered containers. Refrigerate until served.

ITEM	APPROXIMATE	100 PORTION	NS
	PORTION SIZE	A.P. or Container	E.P.
Alfalfa sprouts, fresh	2 tbsp	1 lb 9 oz	1 lb 9 oz
Apple rings, spiced	1 ring	1-1/6-No. 10 cn (7 lb 14 oz)	3 lb 15 oz
Bacon bits, imitation	1 tbsp	1-1/8-22 oz cn (1 lb 9 oz)	
Beans, kidney	2 tbsp	1-1/6-No. 10 cn (8 lb)	5 lb
Bean sprouts, canned	1/4 cup	4-No. 10 cn (25 lb 8 oz)	12 lb 12 oz
Bean sprouts, fresh	2 tbsp	3 lb 2 oz	3 lb 2 oz
Beets, sliced	4 slices	3-No. 10 cn (19 lb 8 oz)	12 lb 3 oz
Broccoli, fresh	2 to 3 stalks	25 lb 10 oz	20 lb
Broccoli, fresh, flowerets (2 to 2-1/2 inch)	2 flowerets	9 lb 14 oz	4 lb 8 oz
Cabbage, fresh, shredded	2 tbsp	2 1b 7 oz	1 lb 15 oz
Carrots, fresh, slices (1/4 inch)	2 tbsp	5 lb 2 oz	4 lb 3 oz
Carrots, fresh, strips (4 by 1/2 inch)	6 strips	8 lb	6 lb 9 oz
Cauliflower, fresh	2 flowerets	12 lb	10 lb
Celery, fresh, diced (1/4 inch)	2 tbsp	4 lb 5 oz	3 lb 2 oz
Celery, fresh, sticks or strips (1/2 inch)	4 strips	9 lb	6 lb 9 oz

M-G. SALADS, SALAD DRESSINGS, AND RELISHES No. 1(1)

	APPROXIMATE	100 PORTION	100 PORTIONS	
ITEM	PORTION SIZE	A.P. or Container	E.P.	
Cheese, Cheddar, American, Monterey Jack or Mozzarella, shredded	2 tbsp	2 lb 1 oz		
Cheese, cottage	2 tbsp	6 lb 4 oz		
Chow mein noodles	1/3 cup	3-No. 10 cn (4 lb 8 oz)		
Crabapples, spiced, whole	1 crabapple	2-No. 10 cn (13 lb 4 oz)	7 lb	
Croutons	8 croutons		1 gal	
Cucumbers, fresh, pared, sliced	4 slices	9 lb	7 lb 9 oz	
Endive or escarole, fresh	variable	5 lb	4 lb 8 oz	
Lettuce, fresh, trimmed, separated	variable	4 lb 5 oz	4 lb	
Mushrooms, sliced, fresh, trimmed	2 tbsp	3 lb 7 oz	3 lb 2 oz	
Mushrooms, sliced, canned	1 tbsp	2-1/4 jumbo cn (4 lb)	2 lb 4 oz	
Olives, green, unpitted	3 olives	3-3/4 1 qt jr (6 lb 12 oz)	4 lb 14 oz	
Olives, ripe, whole, unpitted or pitted	3 olives	6-1/4 No. 300 cn (5 lb 13 oz)	2 lb 9 oz	
Onions, dry, chopped	2 tbsp	4 lb 10 oz	4 lb 3 oz	
Onions, dry, sliced	3 to 4 slices	6 lb 11 oz	6 lb	
Onions, green, whole	1 green onion	3 lb	2 lb 8 oz	
Onions, green, chopped	2 tbsp	3 lb 5 oz	2 lb 12 oz	
Peas, chick (garbanzo beans)	2 tbsp	7-15 to 16 oz cn (7 lb)	4 lb 11 oz	
Peppers, pickled, cherry, whole	1 to 2 peppers	6-1 qt jr (9 lb 9 oz)	6 lb 12 oz	

M-G. SALADS, SALAD DRESSINGS, AND RELISHES No. 1(2)

GUIDELINES FOR RELISH TRAYS OR SALAD BARS

ITEM	APPROXIMATE	100 PORTIONS	5
	PORTION		
	SIZE	A.P. or Container	E.P.
Peppers, pickled, jalapeno	1 to 2 peppers	2-No. 10 cn (12 lb 12 oz) or	8 lb
		6-1/3-1 qt jr	
Peppers, sweet, fresh, diced, 1/2 inch	2 tbsp	3 lb 13 oz	3 lb 2 oz
Peppers, sweet, fresh, strips	variable	6 lb 8 oz	5 lb 5 oz
Pickles, cucumber, dill, whole (cut	4 sticks	2-1 gal jr (17 lb 7 oz) or	10 lb 7 oz
in sticks, 6 per pickle)		2-1/2-No. 10 cn (17 lb 2 oz)	10 lb 7 oz
Pickles, cucumber, sweet, whole	1 to 2 pickles	2-No. 10 cn (15 lb 13 oz)	9 lb 8 oz
Pickles, mixed, sweet	3 to 4 pickles	1 gal jar (9 lb 14 oz) or	5 lb 15 oz
		1-1/4-No. 10 cn (10 lb 2 oz)	6 lb 1 oz
Radishes, fresh	3 radishes	7 lb 12 oz	7 lb 2 oz
Radishes, fresh, slices, 1/8 inch	2 tbsp	3 lb 8 oz	3 lb 3 oz
Romaine, fresh	variable	4 lb 12 oz	4 lb 8 oz
Rutabagas, fresh, pared, 3-1/2 by	3 strips	4 lb 14 oz	4 lb 2 oz
1/2 by 1/4 inch			
Spinach, fresh	variable	4 lb 8 oz	4 lb 2 oz
Tomatoes, fresh, cherry	2 to 3 tomatoes	7 lb	
Tomatoes, fresh, wedges (8 wedges)	2 wedges	8 lb 5 oz	8 lb 2 oz
Tomatoes, fresh, sliced (6 slices)	2 slices	11 lb 5 oz	11 lb 2 oz
Turnips, fresh, pared, 2-1/2 by 1/2 by	3 strips	3 lb 11 oz	3 lb
1/4			

SALADS, SALAD DRESSINGS, AND RELISHES No.M 001 00 APPLE, CELERY, AND PINEAPPLE SALAD

Yield 100 Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
86 cal	12 g	0 g	5 g	3 mg	68 mg	24 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
SALAD DRESSING,MAYONNAISE TYPE	2 lbs	1 qts	
APPLES,FRESH,MEDIUM,UNPEELED,DICED	9 lbs	2 gal 1/8 qts	10-5/8 lbs
PINEAPPLE,CANNED,CHUNKS,JUICE PACK,DRAINED	4-1/4 lbs	1 qts 3-3/4 cup	
CELERY,FRESH,CHOPPED	3 lbs	2 qts 3-3/8 cup	4-1/8 lbs
LETTUCE,LEAF,FRESH,HEAD	4 lbs		6-1/4 lbs

- 1 Combine Salad Dressing or fat free Salad Dressing and apples.
- 2 Drain pineapple.
- 3 Add pineapple and celery to apple mixture; mix lightly.
- 4 Place 1 lettuce leaf on each serving dish; add 1/2 cup salad mixture. CCP: Cover and refrigerate until ready to serve. Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 001 01 CABBAGE, APPLE, AND CELERY SALAD

Yield 100 Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
73 cal	8 g	1 g	5 g	3 mg	77 mg	35 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
SALAD DRESSING,MAYONNAISE TYPE	2 lbs	1 qts	
APPLES,FRESH,MEDIUM,UNPEELED,DICED	4-3/8 lbs	0 gal 4 qts	5-1/8 lbs
CELERY,FRESH,CHOPPED	3-1/8 lbs	2 qts 3-3/4 cup	4-1/4 lbs
CABBAGE,GREEN,FRESH,SHREDDED	13 lbs	5 gal 1 qts	16-1/4 lbs

- 1 Combine Salad dressing or fat free Salad Dressing and apples.
- 2 Combine apple mixture, cabbage, and celery.
- 3 Cover; refrigerate at least 2 to 3 hours. Refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 001 02 CABBAGE, APPLE, AND RAISIN SALAD

Yield 100 Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
105 cal	17 g	1 g	5 g	3 mg	66 mg	35 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
SALAD DRESSING,MAYONNAISE TYPE	2 lbs	1 qts	
APPLES,FRESH,MEDIUM,UNPEELED,DICED	4-3/8 lbs	0 gal 4 qts	5-1/8 lbs
RAISINS	2-1/2 lbs	2 qts	
CABBAGE,GREEN,FRESH,SHREDDED	13 lbs	5 gal 1 qts	16-1/4 lbs

- 1 Combine Salad Dressing or fat free Salad Dressing and apples.
- 2 Combine apple mixture, cabbage, and raisins.
- 3 Cover; refrigerate at least 2 to 3 hours. Refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 002 00 SPINACH SALAD

Yield 100 Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
49 cal	3 g	4 g	3 g	32 mg	99 mg	43 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
EGG,HARD COOKED,CHOPPED	1-1/2 lbs	1 qts 1 cup	
ONIONS,FRESH,SLICED	2-3/4 lbs	2 qts 3 cup	3-1/8 lbs
MUSHROOMS,FRESH,WHOLE,SLICED	2-7/8 lbs	1 gal 3/4 qts	3-1/4 lbs
SPINACH,FRESH,BUNCH	8 lbs	7 gal 2-1/4 qts	8-2/3 lbs
BACON,SLICED,RAW	3 lbs		

Method

- 1 Combine eggs, onions, mushrooms, and spinach. Toss lightly to mix ingredients.
- 2 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.
- 3 Cook bacon until crisp; drain, chop.
- 4 Add bacon just before serving. Toss lightly.

Notes

- 1 In Step 3, 7 ounces or 1-3/4 cups imitation bacon bits may be used per 100 servings.
- 2 In Step 4, for 100 portions: Serve with 12-1/2 cups prepared fat free Red Wine Vinaigrette Dressing or 1 recipe Vinaigrette Dressing, Recipe No. M 055 00 or 1 recipe Red Wine Vinaigrette Dressing, Recipe No. M 003 00.

SALADS, SALAD DRESSINGS, AND RELISHES $\,N_0.M\,002\,01$ SPINACH AND APPLE SALAD

Yield 100 Portion 1-1/3 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
60 cal	15 g	2 g	0 g	0 mg	30 mg	45 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
SPINACH,FRESH,BUNCH	8 lbs	7 gal 2-1/4 qts	8-2/3 lbs
APPLES,FRESH,MEDIUM,UNPEELED,DICED	7-3/4 lbs	1 gal 3 qts	9-1/8 lbs
ONIONS,FRESH,CHOPPED	2-7/8 lbs	2 qts 1/8 cup	3-1/4 lbs
RAISINS	1-7/8 lbs	1 qts 2 cup	

- 1 Combine apples, onions, and raisins. Toss lightly with spinach to mix ingredients.
- 2 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 002 02 SPINACH AND MUSHROOM SALAD

Yield 100 Portion 1-3/4 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
18 cal	3 g	2 g	0 g	0 mg	30 mg	39 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
SPINACH,FRESH,BUNCH	8 lbs	7 gal 2-1/4 qts	8-2/3 lbs
ONIONS,FRESH,SLICED	2-3/4 lbs	2 qts 3 cup	3-1/8 lbs
MUSHROOMS,FRESH,WHOLE,SLICED	4-1/2 lbs	1 gal 3-1/4 qts	4-7/8 lbs

- 1 Combine onions, mushrooms, and spinach. Toss lightly to mix ingredients.
- 2 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 003 00 RED WINE VINAIGRETTE DRESSING

Yield 100 Portion 1 Tablespoon

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
50 cal	1 g	0 g	5 g	0 mg	0 mg	3 mg

<u>Ingredient</u>	Weight	Measure Iss	<u>sue</u>
SUGAR,GRANULATED	2-1/4 oz	1/4 cup 1-1/3 tbsp	
MUSTARD,DRY	1 oz	2-2/3 tbsp	
PAPRIKA,GROUND	1/2 oz	2 tbsp	
PEPPER,BLACK,GROUND	1/2 oz	2 tbsp	
VINEGAR,RED WINE	1-1/3 lbs	2-1/2 cup	
WATER	1-1/3 lbs	2-1/2 cup	
OIL,SALAD	1-1/8 lbs	2-3/8 cup	

- 1 Combine sugar, mustard, paprika, pepper, vinegar, and water; blend well. Mix at medium speed 2 minutes using a wire whip.
- 2 Add oil gradually while mixing at low speed 3 minutes; scrape down bowl.
- 3 Mix at medium speed 2 minutes or until well blended.
- 4 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.
- 5 Whip or stir well before using.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 004 00 FRIJOLE SALAD

Yield 100 **Portion** 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
63 cal	12 g	2 g	2 g	0 mg	247 mg	30 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
BEANS,KIDNEY,DARK RED,CANNED,DRAINED	4-2/3 lbs	3 qts	
SALAD DRESSING,FRENCH,PREPARED,L/C	4-5/8 lbs	2 qts	
CABBAGE,GREEN,FRESH,SHREDDED	8-5/8 lbs	3 gal 2 qts	10-3/4 lbs
TOMATOES,FRESH,CHOPPED	6-1/3 lbs	0 gal 4 qts	6-1/2 lbs
CUCUMBERS,FRESH,PEELED,SLICED	3-2/3 lbs	3 qts 2 cup	7-1/4 each

- 1 Drain beans; rinse well; drain.
- 2 Combine beans and French Dressing.
- 3 Cover; refrigerate at least 6 hours. CCP: Hold for service at 41 F. or lower.
 4 Add cabbage, tomatoes, and cucumbers just before serving. Mix lightly.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 005 00 CARROT SALAD

Yield 100 Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
109 cal	15 g	1 g	6 g	4 mg	214 mg	38 mg

Ingredient	Weight	Measure	Issue
CELERY,FRESH,CHOPPED	2-3/8 lbs	2 qts 1 cup	3-1/4 lbs
RAISINS	1-7/8 lbs	1 qts 2 cup	
CARROTS,FRESH,SHREDDED	9-2/3 lbs	2 gal 2 qts	11-3/4 lbs
MILK,NONFAT,DRY	1-1/3 oz	1/2 cup 1 tbsp	
WATER,WARM	10-1/2 oz	1-1/4 cup	
SALAD DRESSING,MAYONNAISE TYPE	2-1/2 lbs	1 qts 1 cup	
SALT	1 oz	1 tbsp	
SUGAR,GRANULATED	1-3/4 oz	1/4 cup 1/3 tbsp	
JUICE,LEMON	2-1/8 oz	1/4 cup 1/3 tbsp	
LETTUCE,LEAF,FRESH,HEAD	4 lbs		6-1/4 lbs

- 1 Combine carrots, celery, and raisins.
- 2 Reconstitute milk; combine with Regular Salad Dressing or Fat Free Salad Dressing, salt, sugar, and lemon juice. Blend well.
- 3 Add to vegetables; toss together lightly.
- 4 Place 1 lettuce leaf on each serving dish; add salad mixture. Cover; refrigerate at least 2 to 3 hours. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES $\,N_0.M\,005\,01$ CARROT AND PINEAPPLE SALAD

Yield 100 Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
96 cal	11 g	1 g	6 g	4 mg	204 mg	33 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
CARROTS,FRESH,SHREDDED	9-2/3 lbs	2 gal 2 qts	11-3/4 lbs
PINEAPPLE,CANNED,CHUNKS,JUICE PACK,DRAINED	5-1/2 lbs	2 qts 2 cup	
MILK,NONFAT,DRY	1-1/3 oz	1/2 cup 1 tbsp	
WATER,WARM	10-1/2 oz	1-1/4 cup	
SALAD DRESSING, MAYONNAISE TYPE	2-1/2 lbs	1 qts 1 cup	
SALT	1 oz	1 tbsp	
SUGAR,GRANULATED	1-3/4 oz	1/4 cup 1/3 tbsp	
JUICE,LEMON	2-1/8 oz	1/4 cup 1/3 tbsp	
LETTUCE,LEAF,FRESH,HEAD	4 lbs	-	6-1/4 lbs

- 1 Combine carrots and pineapple.
- 2 Reconstitute milk; combine with Regular or Fat Free Salad Dressing, salt, sugar, and lemon juice. Blend well.
- 3 Add to vegetables; toss together lightly.
- 4 Place 1 lettuce leaf on each serving dish; add salad mixture. Cover; refrigerate at least 2 to 3 hours. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 005 02 CARROT, CELERY, AND APPLE SALAD

Yield 100 Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
95 cal	11 g	1 g	6 g	4 mg	210 mg	33 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
CARROTS,FRESH,SHREDDED	8 lbs	2 gal 1/4 qts	9-3/4 lbs
CELERY,FRESH,CHOPPED	2-3/8 lbs	2 qts 1 cup	3-1/4 lbs
APPLES,FRESH,MEDIUM,UNPEELED,DICED	5-1/2 lbs	1 gal 1 qts	6-1/2 lbs
MILK,NONFAT,DRY	1-1/3 oz	1/2 cup 1 tbsp	
WATER,WARM	10-1/2 oz	1-1/4 cup	
SALAD DRESSING, MAYONNAISE TYPE	2-1/2 lbs	1 qts 1 cup	
SALT	1 oz	1 tbsp	
SUGAR,GRANULATED	1-3/4 oz	1/4 cup 1/3 tbsp	
JUICE,LEMON	2-1/8 oz	1/4 cup 1/3 tbsp	
LETTUCE,LEAF,FRESH,HEAD	4 lbs		6-1/4 lbs

- 1 Combine carrots, diced celery, and diced unpared apples.
- 2 Reconstitute milk; combine with Regular or Fat Free Salad Dressing, salt, sugar, and lemon juice. Blend well.
- 3 Add to vegetables; toss together lightly.
- 4 Place 1 lettuce leaf on each serving dish; add salad mixture. Cover; refrigerate at least 2 to 3 hours. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 006 00 PIMIENTO CHEESE STUFFED CELERY

Yield 100 Portion 2 Pieces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
57 cal	2 g	3 g	4 g	11 mg	101 mg	84 mg

Ingredient	Weight	Measure	<u>Issue</u>
CELERY,FRESH,BUNCH	6 lbs	1 gal 1-2/3 qts	8-1/4 lbs
CHEESE,CHEDDAR,SHREDDED	2-1/4 lbs	2 qts 1 cup	
PIMIENTO, CANNED, DRAINED, CHOPPED	10-1/8 oz	1-1/2 cup	
SALAD DRESSING,MAYONNAISE TYPE	7-7/8 oz	1 cup	
PEPPER,RED,GROUND	<1/16th oz	1/8 tsp	
WORCESTERSHIRE SAUCE	1/2 oz	1 tbsp	

- 1 Cut celery into 2 to 3 inch pieces. Place celery in ice water 1 hour or until crisp. Drain. Place on sheet pans lined with waxed paper. Refrigerate for use in Step 3.
- 2 Combine cheese, pimientos, Salad Dressing, red pepper, and Worcestershire sauce; blend well.
- 3 Fill hollow section of each celery piece with mixture.
- 4 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 006 01 COTTAGE CHEESE STUFFED CELERY

Yield 100 Portion 2 Pieces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
14 cal	1 g	1 g	0 g	1 mg	68 mg	17 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
CELERY,FRESH,BUNCH	6 lbs	1 gal 1-2/3 qts	8-1/4 lbs
CHEESE,COTTAGE	2 lbs	1 qts	
CATSUP	2-1/8 oz	1/4 cup 1/3 tbsp	
HORSERADISH,PREPARED	1 oz	2 tbsp	
ONIONS,FRESH,GRATED	1/4 oz	1/3 tsp	1/4 oz

- 1 Cut celery into 2 to 3 inch pieces. Place celery in ice water 1 hour or until crisp. Drain. Place on sheet pans lined with waxed paper. Refrigerate for use in Step 3.
- 2 Combine cottage cheese, tomato catsup, prepared horseradish, and grated onions; blend thoroughly.
- 3 Fill hollow section of each celery piece with mixture.
- 4 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 006 02 PEANUT BUTTER STUFFED CELERY

Yield 100 Portion 2 Pieces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
50 cal	6 g	2 g	3 g	0 mg	48 mg	13 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
CELERY,FRESH,BUNCH	6 lbs	1 gal 1-2/3 qts	8-1/4 lbs
PEANUT BUTTER	1-1/8 lbs	2 cup	
HONEY	1-1/8 lbs	1-1/2 cup	

- 1 Cut celery into 2 to 3 inch pieces. Place celery in ice water 1 hour or until crisp. Drain. Place on sheet pans lined with waxed paper.
- 2 Combine peanut butter with honey; blend thoroughly.
- 3 Fill hollow section of each celery piece with mixture.
- 4 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 006 03 CREAM CHEESE STUFFED CELERY

Yield 100 Portion 2 Pieces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
37 cal	1 g	1 g	3 g	10 mg	51 mg	18 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
CELERY,FRESH,BUNCH	6 lbs	1 gal 1-2/3 qts	8-1/4 lbs
CHEESE, CREAM	2 lbs	1 qts	

- 1 Cut celery into 2 to 3 inch pieces. Place celery in ice water 1 hour or until crisp. Drain. Place on sheet pans lined with waxed paper. Refrigerate for use in Step 2.
- 2 Fill hollow section of each celery piece with softened cream cheese.
- 3 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 007 00 CHEF'S SALAD

Yield 100 Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
102 cal	5 g	9 g	5 g	71 mg	228 mg	130 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
LETTUCE,LEAF,FRESH,HEAD	7 lbs		11 lbs
CABBAGE,GREEN,FRESH,SHREDDED	1 lbs	1 qts 2-1/2 cup	1-1/4 lbs
PEPPERS,GREEN,FRESH,CHOPPED	2-5/8 lbs	2 qts	3-1/4 lbs
CELERY,FRESH,CHOPPED	3-1/8 lbs	2 qts 3-3/4 cup	4-1/4 lbs
CUCUMBERS,FRESH,PEELED,SLICED	1-5/8 lbs	1 qts 2-1/4 cup	3-1/4 each
TURKEY,BNLS,WHITE AND DARK MEAT	2 lbs		
CHEESE,SWISS,CUBED	2 lbs	1 qts 2-7/8 cup	
HAM,COOKED,BONELESS,SLICED	2 lbs		
EGG,HARD COOKED,CHOPPED	2-3/4 lbs	25 Eggs	
TOMATOES,FRESH,THIN WEDGES	8-1/8 lbs	1 gal 1-1/8 qts	8-1/4 lbs

- 1 Wash lettuce. Tear or cut into large pieces.
- 2 Wash vegetables. Combine lettuce with cabbage, peppers, celery, and cucumbers; toss lightly.
- 3 Cut turkey, ham and cheese into 1/2 inch strips and eggs and tomatoes into 8 wedges each.
- 4 Place 1 cup salad vegetables in salad bowls. Add 2 thin strips meat, 4 thin strips cheese, 2 egg wedges, and 2 tomato wedges.
- 5 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower. If desired, 3/4 Garlic Croutons (Recipe D 016 01) may be prepared.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 007 01 CHEF'S SALAD (ENTREE)

Yield 100 Portion 1-1/2 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
193 cal	8 g	16 g	11 g	92 mg	363 mg	320 mg

Ingredient	Weight	Measure	<u>Issue</u>
LETTUCE,LEAF,FRESH,HEAD	10-1/3 lbs		16-1/8 lbs
CABBAGE,GREEN,FRESH,SHREDDED	1-2/3 lbs	2 qts 2-3/4 cup	2-1/8 lbs
PEPPERS,GREEN,FRESH,CHOPPED	4 lbs	3 qts 1/8 cup	4-7/8 lbs
CUCUMBERS,FRESH,PEELED,SLICED	2-3/8 lbs	2 qts 1 cup	4-2/3 each
CELERY,FRESH,CHOPPED	3-1/8 lbs	2 qts 3-3/4 cup	4-1/4 lbs
HAM,COOKED,BONELESS,SLICED	3 lbs		
TURKEY,BNLS,WHITE AND DARK MEAT	3 lbs		
CHEESE,SWISS,CUBED	6 lbs	1 gal 1-1/8 qts	
EGG,HARD COOKED,CHOPPED	2-3/4 lbs	25 Eggs	
TOMATOES,FRESH,THIN WEDGES	12-1/4 lbs	1 gal 3-2/3 qts	12-1/2 lbs

- 1 Wash lettuce. Tear or cut lettuce into large pieces.
- 2 Wash vegetables. Combine lettuce with cabbage, peppers, celery, and cucumbers; toss lightly.
- 3 Cut ham, turkey and cheese into thin strips and eggs and tomatoes into 8 wedges each.
- 4 Place about 1-1/2 cups of salad vegetables in salad bowls. Add 6 thin strips meat, 12 thin strips cheese, 3 egg wedges, and 2 tomato wedges.
- 5 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower. If desired, 3/4 Garlic Croutons (Recipe D 016 01) may be prepared.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 008 00 COLE SLAW

Yield 100 Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
115 cal	9 g	1 g	9 g	6 mg	258 mg	26 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
CABBAGE,GREEN,FRESH,SHREDDED	12 lbs	4 gal 3-1/2 qts	15 lbs
SALAD DRESSING,MAYONNAISE TYPE	4 lbs	2 qts	
SALT	1-1/4 oz	2 tbsp	
SUGAR,GRANULATED	10-5/8 oz	1-1/2 cup	
VINEGAR, DISTILLED	4-1/8 oz	1/2 cup	
PAPRIKA,GROUND	1/2 oz	2 tbsp	

- 1 Chill cabbage in covered container until crisp.
- 2 Combine Salad Dressing, salt, sugar, and vinegar.
- 3 Add to cabbage; mix well.
- 4 Cover; refrigerate until ready to serve. Just before serving, sprinkle lightly with paprika to garnish. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 008 01 MEXICAN COLE SLAW

Yield 100 Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
121 cal	10 g	1 g	9 g	6 mg	268 mg	23 mg

<u>Ingredient</u>	Weight	Measure	Issue
CABBAGE,GREEN,FRESH,SHREDDED	6-3/4 lbs	2 gal 2-7/8 qts	8-1/2 lbs
SALAD DRESSING,MAYONNAISE TYPE	4 lbs	2 qts	
SALT	1-1/4 oz	2 tbsp	
SUGAR,GRANULATED	10-5/8 oz	1-1/2 cup	
CELERY,FRESH,CHOPPED	3-1/8 lbs	2 qts 3-3/4 cup	4-1/4 lbs
TOMATOES,FRESH,CHOPPED	4-3/8 lbs	2 qts 3 cup	4-1/2 lbs
ONIONS,FRESH,CHOPPED	7-1/2 oz	1-3/8 cup	8-1/3 oz
PEPPERS,GREEN,FRESH,MEDIUM,SHREDDED	4 lbs	3 qts 1/8 cup	4-7/8 lbs
VINEGAR, DISTILLED	4-1/8 oz	1/2 cup	

- 1 Chill cabbage in covered container until crisp.
- 2 Combine Salad Dressing, salt, sugar, celery, tomatoes, onions, peppers, and vinegar.
- 3 Add to cabbage; mix well.
- 4 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 009 00

COLE SLAW WITH CREAMY DRESSING

Yield 100 Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
75 cal	8 g	1 g	5 g	3 mg	188 mg	35 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
MILK,NONFAT,DRY	1-3/4 oz	3/4 cup	
WATER,WARM	14-5/8 oz	1-3/4 cup	
SALAD DRESSING, MAYONNAISE TYPE	2 lbs	1 qts	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
MUSTARD,PREPARED	1-1/8 oz	2 tbsp	
SALT	1 oz	1 tbsp	
SUGAR,GRANULATED	12-1/3 oz	1-3/4 cup	
VINEGAR, DISTILLED	8-1/3 oz	1 cup	
CABBAGE,GREEN,FRESH,SHREDDED	13 lbs	5 gal 1 qts	16-1/4 lbs

- 1 Reconstitute milk; add Salad Dressing, pepper, mustard, salt, and sugar; mix well.
- 2 Add vinegar gradually; blend well.
- 3 Pour dressing over cabbage; toss lightly until well mixed.
- 4 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 009 01 COLE SLAW WITH VINEGAR DRESSING

Yield 100 Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
47 cal	12 g	1 g	0 g	0 mg	127 mg	29 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
SALT	1 oz	1 tbsp	
SUGAR,GRANULATED	1-3/4 lbs	1 qts	
VINEGAR, DISTILLED	2-1/8 lbs	1 qts	
WATER	8-1/3 oz	1 cup	
CABBAGE,GREEN,FRESH,SHREDDED	13 lbs	5 gal 1 qts	16-1/4 lbs

- 1 Combine black pepper, salt, granulated sugar, vinegar, and water; mix well.
- 2 Pour dressing over cabbage; toss lightly until well mixed.
- 3 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 009 02

CABBAGE AND CARROT SLAW WITH CREAMY DRESSING

Yield 100 Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
78 cal	9 g	1 g	5 g	3 mg	190 mg	33 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
MILK,NONFAT,DRY	1-3/4 oz	3/4 cup	
WATER,WARM	14-5/8 oz	1-3/4 cup	
SALAD DRESSING,MAYONNAISE TYPE	2 lbs	1 qts	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
MUSTARD,PREPARED	1-1/8 oz	2 tbsp	
SALT	1 oz	1 tbsp	
SUGAR,GRANULATED	12-1/3 oz	1-3/4 cup	
VINEGAR, DISTILLED	8-1/3 oz	1 cup	
CABBAGE,GREEN,FRESH,SHREDDED	10-1/2 lbs	4 gal 1 qts	13-1/8 lbs
CARROTS,FRESH,SHREDDED	2-7/8 lbs	2 qts 3-7/8 cup	3-1/2 lbs

- 1 Reconstitute milk; add Salad Dressing, pepper, mustard, salt and sugar; mix well.
- 2 Add vinegar gradually; blend well.
- 3 Use finely shredded cabbage and finely shredded carrots. Pour dressing over cabbage; toss lightly until well mixed.
- 4 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 009 03 PINEAPPLE COLE SLAW

Yield 100 Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
87 cal	12 g	1 g	5 g	3 mg	184 mg	33 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
MILK,NONFAT,DRY	1-3/4 oz	3/4 cup	
WATER,WARM	14-5/8 oz	1-3/4 cup	
SALAD DRESSING,MAYONNAISE TYPE	2 lbs	1 qts	
MUSTARD,PREPARED	3/8 oz	1/3 tsp	
SALT	1 oz	1 tbsp	
SUGAR,GRANULATED	12-1/3 oz	1-3/4 cup	
VINEGAR, DISTILLED	8-1/3 oz	1 cup	
CABBAGE,GREEN,FRESH,SHREDDED	10-1/2 lbs	4 gal 1 qts	13-1/8 lbs
PINEAPPLE, CANNED, CHUNKS, JUICE PACK, DRAINED	6-3/4 lbs	2 qts 1-7/8 cup	

- 1 Reconstitute milk; add Salad Dressing, mustard, salt, and sugar; mix well.
- 2 Add vinegar gradually; blend well.
- 3 Use finely shredded cabbage and pineapple chunks or tidbits. Pour dressing over cabbage; toss lightly until well mixed.
- 4 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 009 04 PINEAPPLE MARSHMALLOW COLE SLAW

Yield 100 Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
106 cal	16 g	1 g	5 g	3 mg	186 mg	33 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
MILK,NONFAT,DRY	1-3/4 oz	3/4 cup	
WATER,WARM	14-5/8 oz	1-3/4 cup	
SALAD DRESSING,MAYONNAISE TYPE	2 lbs	1 qts	
MUSTARD,PREPARED	3/8 oz	1/3 tsp	
SALT	1 oz	1 tbsp	
SUGAR,GRANULATED	12-1/3 oz	1-3/4 cup	
VINEGAR, DISTILLED	8-1/3 oz	1 cup	
CABBAGE,GREEN,FRESH,SHREDDED	10-1/2 lbs	4 gal 1 qts	13-1/8 lbs
PINEAPPLE,CANNED,CHUNKS,JUICE PACK,DRAINED	6-3/4 lbs	2 qts 1-7/8 cup	
MARSHMALLOWS,MINIATURE	1-1/3 lbs	3 qts	

- 1 Reconstitute milk; add Salad Dressing, mustard, salt, and sugar; mix well.
- 2 Add vinegar gradually; blend well.
- 3 Use finely shredded cabbage and pineapple chunks or tidbits. Pour dressing over cabbage; toss lightly until well mixed.
- 4 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower. Just before serving, add miniature marshmallows.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 009 05

VEGETABLE SLAW WITH CREAMY DRESSING

Yield 100 Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
79 cal	9 g	1 g	5 g	3 mg	189 mg	33 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
MILK,NONFAT,DRY	1-3/4 oz	3/4 cup	
WATER,WARM	14-5/8 oz	1-3/4 cup	
SALAD DRESSING, MAYONNAISE TYPE	2 lbs	1 qts	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
MUSTARD,PREPARED	1-1/8 oz	2 tbsp	
SALT	1 oz	1 tbsp	
SUGAR,GRANULATED	12-1/3 oz	1-3/4 cup	
VINEGAR, DISTILLED	8-1/3 oz	1 cup	
CABBAGE,GREEN,FRESH,SHREDDED	10-1/2 lbs	4 gal 1 qts	13-1/8 lbs
CARROTS,FRESH,SHREDDED	2 lbs	2 qts 1/4 cup	2-1/2 lbs
ONIONS,FRESH,CHOPPED	5-5/8 oz	3/4 cup	6-1/4 oz
PEPPERS,GREEN,FRESH,CHOPPED	1-1/2 lbs	1 qts 1/2 cup	1-7/8 lbs

- 1 Reconstitute milk; add Salad Dressing, pepper, mustard, salt, and sugar; mix well.
- 2 Add vinegar gradually; blend well.
- 3 Combine finely shredded cabbage, finely shredded carrots, fresh onions, and sweet peppers. Pour dressing over vegetables; toss lightly until well mixed.
- 4 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 010 00 HONEY MUSTARD DRESSING

Yield 100 Portion 1 Tablespoon

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
27 cal	7 g	0 g	0 g	0 mg	36 mg	4 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
WATER	1-7/8 lbs	3-1/2 cup	
HONEY	1-2/3 lbs	2-1/4 cup	
VINEGAR, DISTILLED	6-1/4 oz	3/4 cup	
GARLIC POWDER	1/3 oz	1 tbsp	
MUSTARD,DRY	2 oz	1/4 cup 1-1/3 tbsp	
ONION POWDER	1/2 oz	2 tbsp	
SALT	1/3 oz	1/4 tsp	

- 1 Combine water, honey, and vinegar in mixer bowl.
- 2 Add garlic powder, mustard, onion powder, and salt to mixture.
- 3 Using a wire whip, mix at medium speed 3 minutes or until well blended.
- 4 Cover; refrigerate at 41 F. or lower until ready to serve.
- 5 Whip or stir well before serving.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 011 00 LOW CALORIE YOGURT DRESSING

Yield 100 **Portion** 2 Tablespoons

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
25 cal	4 g	2 g	0 g	2 mg	93 mg	57 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
YOGURT,PLAIN,LOWFAT	6-1/2 lbs	3 qts	
ONIONS,FRESH,CHOPPED	1 lbs	2-7/8 cup	1-1/8 lbs
PARSLEY,FRESH,BUNCH,CHOPPED	3-1/8 oz	1-1/2 cup	3-1/4 oz
CELERY,FRESH,CHOPPED	6-1/3 oz	1-1/2 cup	8-2/3 oz
SUGAR,GRANULATED	3-1/2 oz	1/2 cup	
VINEGAR, DISTILLED	6-1/4 oz	3/4 cup	
SALT	5/8 oz	1 tbsp	
GARLIC POWDER	1/4 oz	1/3 tsp	

- Mix together yogurt, onions, parsley, celery leaves, sugar, vinegar, salt, and garlic. Stir well to blend.
 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES $\,N_0.M\,012\,00$ COTTAGE CHEESE SALAD

Yield 100 Portion 1/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
62 cal	2 g	7 g	3 g	8 mg	229 mg	46 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
LETTUCE,LEAF,FRESH,HEAD	4 lbs		6-1/4 lbs
CHEESE,COTTAGE	12-3/8 lbs	1 gal 2-1/4 qts	
PAPRIKA,GROUND	1/4 oz	1 tbsp	

- 1 Place 1 lettuce leaf on each serving dish; add 1/4 cup cottage cheese.
- 2 Garnish with paprika. Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 013 00 COTTAGE CHEESE AND PEACH SALAD

Yield 100 Portion 1/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
102 cal	12 g	8 g	3 g	8 mg	233 mg	52 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
LETTUCE,LEAF,FRESH,HEAD	4 lbs		6-1/4 lbs
PEACHES,CANNED,HALVES,JUICE PACK,DRAINED	19-2/3 lbs	2 gal 1 qts	
CHEESE,COTTAGE	12-3/8 lbs	1 gal 2-1/4 qts	
PAPRIKA,GROUND	1/4 oz	1 tbsp	

- 1 Separate leaves. Place 1 lettuce leaf on each serving dish.
- 2 Drain peach halves. Place one peach half, hollow side up, on each lettuce leaf.
- 3 Place 1/4 cup cottage cheese on each peach hollow.
- 4 Garnish with paprika. Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 013 01 COTTAGE CHEESE AND APRICOT SALAD

Yield 100 Portion 1/4 Cup

C	alories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
9	1 cal	10 g	8 g	3 g	8 mg	232 mg	54 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
LETTUCE,LEAF,FRESH,HEAD	4 lbs		6-1/4 lbs
APRICOTS,CANNED,JUICE PACK,DRAINED	13-1/2 lbs	1 gal 2-1/4 qts	
CHEESE,COTTAGE	12-3/8 lbs	1 gal 2-1/4 qts	
PAPRIKA,GROUND	1/4 oz	1 tbsp	

- 1 Separate leaves. Place 1 lettuce leaf on each serving dish.
- 2 Drain apricots. Add 2 apricot halves per leaf.
- 3 Place 2 tablespoons cottage cheese on each apricot half.
- 4 Garnish with paprika. Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 013 02 COTTAGE CHEESE AND PEAR SALAD

Yield 100 Portion 1/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
107 cal	14 g	8 g	3 g	8 mg	233 mg	54 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
LETTUCE,LEAF,FRESH,HEAD	4 lbs		6-1/4 lbs
PEARS,CANNED,HALVES,DRAINED	19-7/8 lbs	2 gal 1-1/8 qts	
CHEESE,COTTAGE	12-3/8 lbs	1 gal 2-1/4 qts	
PAPRIKA,GROUND	1/4 oz	1 tbsp	

- 1 Separate leaves. Place 1 lettuce leaf on each serving dish.
- 2 Drain pear halves. Place 1 pear half on each lettuce leaf, hollow side up.
- 3 Place 1/4 cup cottage cheese in each pear hollow.
- 4 Garnish with paprika. Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 013 03 COTTAGE CHEESE AND PINEAPPLE SALAD

Yield 100 Portion 1/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
98 cal	12 g	8 g	3 g	8 mg	230 mg	56 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
LETTUCE,LEAF,FRESH,HEAD	4 lbs		6-1/4 lbs
PINEAPPLE,CANNED,SLICED,DRAINED	13-1/2 lbs	2 gal 1-1/2 qts	
CHEESE,COTTAGE	12-3/8 lbs	1 gal 2-1/4 qts	
PAPRIKA,GROUND	1/4 oz	1 tbsp	

- 1 Separate leaves. Place 1 lettuce leaf on each serving dish.
- 2 Drain pineapple slices. Place 1 slice pineapple on lettuce leaf.
- 3 Place 1/4 cup cottage cheese on each pineapple slice.
- 4 Garnish with paprika. Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 014 00 COTTAGE CHEESE AND TOMATO SALAD

Yield 100 Portion 1/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
74 cal	5 g	8 g	3 g	8 mg	234 mg	49 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
TOMATOES,FRESH	12-1/2 lbs		12-3/4 lbs
LETTUCE,LEAF,FRESH,HEAD	4 lbs		6-1/4 lbs
CHEESE,COTTAGE	12-3/8 lbs	1 gal 2-1/4 qts	
PAPRIKA,GROUND	1/4 oz	1 tbsp	

- 1 Cut each tomato into 8 wedges; set aside for use in Step 4.
- 2 Place 1 lettuce leaf on each serving dish.
- 3 Place 1/4 cup cottage cheese in center of each lettuce leaf.
- 4 Arrange 3 tomato wedges around cottage cheese.
- 5 Sprinkle with paprika. Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 015 00 CUCUMBER AND ONION SALAD

Yield 100 Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
30 cal	8 g	0 g	0 g	0 mg	118 mg	11 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
CUCUMBERS,FRESH,PEELED,SLICED	11-1/2 lbs	2 gal 3 qts	22-5/8 each
ONIONS,FRESH,SLICED	2-1/4 lbs	2 qts 7/8 cup	2-1/2 lbs
SALT	1 oz	1 tbsp	
PEPPER,BLACK,GROUND	1/8 oz	1/8 tsp	
SUGAR,GRANULATED	1 lbs	2-1/4 cup	
VINEGAR, DISTILLED	3-1/8 lbs	1 qts 2 cup	
WATER	1 lbs	2 cup	

- 1 Combine cucumbers and onions.
- 2 Combine salt, pepper, sugar, vinegar, and water; blend well.
- 3 Pour over cucumbers and onions.
- 4 Cover and refrigerate for at least 1-1/2 hours. Keep refrigerated until ready to serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 016 00

LOW CALORIE THOUSAND ISLAND DRESSING

Yield 100 Portion 2 Tablespoons

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
29 cal	4 g	2 g	1 g	2 mg	242 mg	57 mg

Ingredient	Weight	Measure	<u>Issue</u>
SAUCE,CHILI	1-3/4 lbs	3-1/4 cup	
MUSTARD,PREPARED	2-1/4 oz	1/4 cup 1/3 tbsp	
ONIONS,FRESH,CHOPPED	9-7/8 oz	1-3/4 cup	11 oz
VINEGAR, DISTILLED	2-1/8 oz	1/4 cup 1/3 tbsp	
SALT	1-1/2 oz	2-1/3 tbsp	
YOGURT,PLAIN,LOWFAT	6-1/2 lbs	3 qts	

- 1 Combine chili sauce, mustard, onions, vinegar, and salt; blend well.
- 2 Add yogurt, stir until well blended.
- 3 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 017 00 FRUIT SALAD

Yield 100 Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
79 cal	19 g	1 g	0 g	1 mg	10 mg	53 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
PINEAPPLE,CANNED,CHUNKS,JUICE PACK,DRAINED	5-1/4 lbs	3 qts	
ORANGE,FRESH,SECTIONS,PEELED,DICED	6-1/3 lbs	0 gal 4 qts	21-7/8 each
GRAPEFRUIT,FRESH,PEELED,CHUNKS	1-3/8 lbs	2-3/4 cup	2-5/8 lbs
APPLES,FRESH,MEDIUM,PEELED,CORED,CHOPPED	7-1/8 lbs	1 gal 2-1/2 qts	9-1/8 lbs
BANANA,FRESH,CHOPPED	2-5/8 lbs	1 qts 3-7/8 cup	4 lbs
QUICK FRUIT DRESSING		2 qts	
LETTUCE,LEAF,FRESH,HEAD	4 lbs		6-1/4 lbs

- 1 Drain pineapple. Reserve about 3 cups juice for use in Step 4.
- 2 Add oranges and grapefruit.
- 3 Add apples and bananas. Toss lightly.
- 4 Prepare 1 recipe Quick Fruit Dressing, Recipe No. M 056 00 using reserved pineapple juice. Fold dressing into fruit salad. Toss lightly. Cover; refrigerate.
- 5 Separate leaves. Place 1 lettuce leaf on each serving dish; add 1/2 cup salad mixture. Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES $\,N_0.M\,018\,00$ GARDEN COTTAGE CHEESE SALAD

Yield 100 Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
56 cal	3 g	6 g	2 g	7 mg	191 mg	46 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
CUCUMBER,FRESH,CHOPPED	4 lbs	3 qts 3-1/4 cup	4-3/4 lbs
RADISH,FRESH,CHOPPED	1 lbs	3-7/8 cup	1-1/8 lbs
ONIONS,GREEN,FRESH,CHOPPED	8 oz	2-1/4 cup	8-7/8 oz
CELERY,FRESH,CHOPPED	1-1/2 lbs	1 qts 1-5/8 cup	2 lbs
PEPPERS,GREEN,FRESH,CHOPPED	1 lbs	3 cup	1-1/4 lbs
CHEESE,COTTAGE	9-7/8 lbs	1 gal 1 qts	
LETTUCE,LEAF,FRESH,HEAD	4 lbs		6-1/4 lbs

- 1 Combine vegetables; toss lightly.
- 2 Combine cottage cheese with vegetables; mix well.
- 3 Place 1 lettuce leaf on each serving dish; add salad mixture. Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 019 00 GARDEN VEGETABLE SALAD

Yield 100 Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
12 cal	3 g	1 g	0 g	0 mg	18 mg	15 mg

<u>Ingredient</u>	Weight	Measure	Issue
CARROTS,FRESH,SLICED	2 lbs	1 qts 3-1/8 cup	2-1/2 lbs
CELERY,FRESH,CHOPPED	3 lbs	2 qts 3-3/8 cup	4-1/8 lbs
PEPPERS,GREEN,FRESH,CHOPPED	2 lbs	1 qts 2-1/8 cup	2-1/2 lbs
LETTUCE,ICEBERG,FRESH,CHOPPED	7 lbs	3 gal 2-1/2 qts	7-1/2 lbs

- 1 Combine carrots, celery, and peppers. Tear prepared lettuce into small pieces; mix with other vegetables; toss lightly.
- 2 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 020 00 MARINATED CARROTS

Yield 100 Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
135 cal	24 g	1 g	5 g	0 mg	109 mg	28 mg

Ingredient	Weight	Measure	<u>Issue</u>
CARROTS,FRESH,STICKS	16 lbs	3 gal 2-1/8 qts	19-1/2 lbs
WATER,BOILING	20-7/8 lbs	2 gal 2 qts	
SOUP,CONDENSED,TOMATO	3-1/8 lbs	1 qts 1-3/4 cup	
SUGAR,GRANULATED	2-2/3 lbs	1 qts 2 cup	
VINEGAR, DISTILLED	3-1/8 lbs	1 qts 2 cup	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
MUSTARD,DRY	3/4 oz	2 tbsp	
OIL,SALAD	1 lbs	2 cup	
ONIONS,FRESH,CHOPPED	2 lbs	1 qts 1-5/8 cup	2-1/4 lbs
PEPPERS,GREEN,FRESH,CHOPPED	2 lbs	1 qts 2-1/8 cup	2-1/2 lbs

- 1 Add carrots to boiling water.
- 2 Bring back to a boil; reduce heat; simmer 5 minutes or until tender-crisp. Drain. Set aside for use in Step 6.
- 3 Combine soup, sugar, vinegar, pepper, and mustard in a mixer bowl. Blend at medium speed 3 minutes.
- 4 Add salad oil or olive oil slowly to mixture at low speed 2 minutes.
- 5 Add onions and peppers. Scrape down bowl. Blend 1 minute.
- 6 Pour mixture over warm carrots. Cover; refrigerate overnight or until flavors are well blended. Keep refrigerated until ready to serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 021 00

LOW CALORIE TANGY TARRAGON DRESSING

Yield 100 **Portion** 2 Tablespoons

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
20 cal	6 g	0 g	0 g	0 mg	117 mg	5 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
VINEGAR, DISTILLED	5-1/4 lbs	2 qts 2 cup	
WATER	2-5/8 lbs	1 qts 1 cup	
SUGAR,GRANULATED	14-1/8 oz	2 cup	
SALT	1 oz	1 tbsp	
PARSLEY, DEHYDRATED, FLAKED	3/8 oz	1/2 cup	
TARRAGON,GROUND	1/3 oz	2 tbsp	
GARLIC POWDER	3/8 oz	1 tbsp	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	

- Combine vinegar, water, sugar, salt, parsley, tarragon, garlic, and pepper; blend well.
 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.
- 3 Shake or beat well before using.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 021 01 LOW CALORIE BASIL DRESSING

Yield 100 Portion 2 Tablespoons

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
20 cal	6 g	0 g	0 g	0 mg	117 mg	6 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
VINEGAR, DISTILLED	5-1/4 lbs	2 qts 2 cup	
WATER	2-5/8 lbs	1 qts 1 cup	
SUGAR,GRANULATED	14-1/8 oz	2 cup	
SALT	1 oz	1 tbsp	
ONION POWDER	7/8 oz	1/4 cup	
BASIL,SWEET,WHOLE,CRUSHED	1/2 oz	3-1/3 tbsp	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	

- 1 Combine vinegar, water, sugar, salt, pepper, onion powder, and sweet basil; blend well.
- 2 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.
- 3 Shake or beat well before using.

SALADS, SALAD DRESSINGS, AND RELISHES $\,N_0.M\,022\,00$ TANGY YOGURT SALAD DRESSING

Yield 100 Portion 1 Tablespoon

Calor	es	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
18 ca	1	3 g	1 g	0 g	1 mg	13 mg	28 mg

<u>Ingredient</u>	Weight	Measure Is	<u>sue</u>
SUGAR,GRANULATED	7 oz	1 cup	
VINEGAR, DISTILLED	8-1/3 oz	1 cup	
MUSTARD,DRY	1/2 oz	1 tbsp	
YOGURT,PLAIN,LOWFAT	3-1/4 lbs	1 qts 2 cup	
HORSERADISH,PREPARED	2-7/8 oz	1/4 cup 1-2/3 tbsp	

- 1 Combine sugar, vinegar, and mustard; stir until sugar is dissolved.
- 2 Add yogurt and horseradish. Blend well.
- 3 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 023 00

JELLIED CRANBERRY AND ORANGE SALAD

Yield 100 Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
106 cal	26 g	2 g	0 g	0 mg	50 mg	21 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
WATER,BOILING	6-1/4 lbs	3 qts	
DESSERT POWDER,GELATIN,ORANGE	3-1/2 lbs	1 qts 3 cup	
WATER,COLD	10-1/2 lbs	1 gal 1 qts	
CRANBERRIES,FRESH	3-1/8 lbs	3 qts 2-7/8 cup	3-1/4 lbs
ORANGE,FRESH	1-3/4 lbs	6 each	
CELERY,FRESH,CHOPPED	1-5/8 lbs	1 qts 2-1/8 cup	2-1/4 lbs
SUGAR,GRANULATED	1-3/4 lbs	1 qts	
LETTUCE, LEAF, FRESH, HEAD	4 lbs	•	6-1/4 lbs

- 1 Add gelatin to boiling water; stir until dissolved.
- 2 Add cold water; mix well.
- 3 Pour about 3 quarts gelatin mixture into each pan; chill until slightly thickened.
- 4 Grind cranberries. Set aside for use in Step 7.
- 5 Quarter oranges; remove seeds. DO NOT PEEL. Grind oranges.
- 6 Combine cranberries, oranges, celery, and sugar; mix well.
- 7 Add 2 quarts cranberry mixture to gelatin in each pan; stir to distribute evenly.
- 8 Chill until firm. Cut 5 by 7.
- 9 Place 1 lettuce leaf on each serving dish; add gelatin square. Cover; refrigerate at 41 F. or lower until ready to serve.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 023 01 JELLIED CRANBERRY AND ORANGE SALAD (CANNED)

Yield 100 Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
112 cal	27 g	2 g	0 g	0 mg	59 mg	19 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
WATER,BOILING	6-1/4 lbs	3 qts	
DESSERT POWDER,GELATIN,ORANGE	3-1/2 lbs	1 qts 3 cup	
WATER,COLD	10-1/2 lbs	1 gal 1 qts	
ORANGE,FRESH		6 each	
CRANBERRY SAUCE, JELLIED	7 lbs	2 qts 3-1/2 cup	
CELERY,FRESH,CHOPPED	1-5/8 lbs	1 qts 2-1/8 cup	2-1/4 lbs
LETTUCE,LEAF,FRESH,HEAD	4 lbs		6-1/4 lbs

- 1 Add gelatin to boiling water; stir until dissolved.
- 2 Add cold water; mix well.
- 3 Pour 3 quarts gelatin mixture into each pan; chill until slightly thickened.
- 4 Quarter oranges; remove seeds. DO NOT PEEL. Grind oranges.
- 5 Use canned Cranberry Sauce; beat with wire whip until smooth.
- 6 Combine oranges, cranberry sauce and celery; mix well.
- 7 Add 2 quarts cranberry mixture to gelatin in each pan; stir to distribute evenly.
- 8 Chill until firm. Cut 5 by 7.
- 9 Place 1 lettuce leaf on each serving dish; add gelatin square. Cover; refrigerate at 41 F. or lower until ready to serve.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 024 00

JELLIED CRANBERRY AND PINEAPPLE SALAD

Yield 100 Portion 5-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
149 cal	33 g	2 g	2 g	0 mg	54 mg	23 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
PINEAPPLE,CANNED,CRUSHED,JUICE PACK,INCL LIQUIDS	6-5/8 lbs	3 qts	
CRANBERRY SAUCE, JELLIED	7-1/3 lbs	3 qts	
WATER,BOILING	8-1/3 lbs	1 gal	
DESSERT POWDER,GELATIN,CHERRY	3-1/2 lbs	1 qts 3 cup	
RESERVED LIQUID	6-1/4 lbs	3 qts	
JUICE,LEMON	8-5/8 oz	1 cup	
LEMON RIND,GRATED	3/8 oz	2 tbsp	
NUTS,UNSALTED,CHOPPED,COARSELY	10-1/3 oz	2 cup	
LETTUCE,LEAF,FRESH,HEAD	4 lbs		6-1/4 lbs

- 1 Drain pineapple; reserve juice for use in Step 4 and pineapple for use in Step 6.
- 2 Using a wire whip, beat cranberry sauce at medium speed in mixer bowl until smooth. Set aside for use in Step 3.
- 3 Add gelatin to boiling water; stir until dissolved. Add cranberry sauce; mix well.
- 4 Add cold water and reserved juice, lemon juice, and rind; mix well.
- 5 Pour 1 gallon gelatin mixture into each pan; chill until slightly thickened.
- 6 Add 1 quart pineapple and 2/3 cup nuts to gelatin mixture in each pan; stir to distribute evenly.
- 7 Chill until firm. Cut 5 by 7.
- 8 Place 1 lettuce leaf on each serving dish; add gelatin square. Cover; refrigerate at 41 F. or lower until ready to serve.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 025 00 JELLIED FRUIT SALAD

Yield 100 Portion 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
105 cal	26 g	2 g	0 g	0 mg	47 mg	19 mg

<u>Ingredient</u>	Weight	Measure	Issue
APRICOTS,CANNED,JUICE PACK,INCL LIQ,HALVES	6-1/2 lbs	3 qts	
DESSERT POWDER,GELATIN,ORANGE	3-1/2 lbs	1 qts 3 cup	
WATER,BOILING	8-1/3 lbs	1 gal	
RESERVED LIQUID	8-1/3 lbs	1 gal	
APPLES,FRESH,MEDIUM,UNPEELED,DICED	1-2/3 lbs	1 qts 2 cup	2 lbs
BANANA,FRESH,CHOPPED	2-1/4 lbs	1 qts 2-3/4 cup	3-1/2 lbs
MARSHMALLOWS,MINIATURE	1 lbs	2 qts 1 cup	
LETTUCE,LEAF,FRESH,HEAD	4 lbs	- •	6-1/4 lbs

- 1 Drain apricots; reserve juice for use in Step 3. Cut apricots in half; set aside for use in Step 5.
- 2 Add gelatin to boiling water; stir until dissolved.
- 3 Add cold water and reserved juice; mix well.
- 4 Pour 3 quarts gelatin mixture into each pan; chill until slightly thickened.
- 5 Add equal amounts of apricots, apples, and bananas to gelatin mixture in each pan; stir to distribute evenly.
- 6 Sprinkle 3 cups marshmallows over mixture in each pan.
- 7 Chill until firm. Cut 5 by 7.
- 8 Place 1 lettuce leaf on each serving dish; add gelatin square. Cover; refrigerate at 41 F. or lower until ready to serve.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 025 01 JELLIED ORANGE SALAD

Yield 100 Portion 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
107 cal	26 g	2 g	0 g	0 mg	43 mg	31 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
DESSERT POWDER,GELATIN,ORANGE	3-1/2 lbs	1 qts 3 cup	
WATER,BOILING	8-1/3 lbs	1 gal	
JUICE,ORANGE	6-5/8 lbs	3 qts	
PINEAPPLE,CANNED,CRUSHED	6-3/4 lbs	3 qts 3/8 cup	
ORANGE,FRESH,SECTIONS	6 lbs	3 qts 3-1/8 cup	8-1/4 lbs
LETTUCE,LEAF,FRESH,HEAD	4 lbs		6-1/4 lbs

- 1 Add gelatin to boiling water; stir until dissolved.
- 2 Add orange juice and crushed pineapple; mix well.
- 3 Pour 3 quarts gelatin mixture into each pan; chill until slightly thickened.
- 4 Add peeled fresh oranges, sliced and cut into halves to gelatin mixture in each pan; stir to distribute evenly.
- 5 Chill until firm. Cut 5 by 7.
- 6 Place 1 lettuce leaf on each serving dish; add gelatin square. Cover; refrigerate at 41 F. or lower until ready to serve.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 025 02 JELLIED PEAR SALAD

Yield 100 Portion 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
93 cal	23 g	2 g	0 g	0 mg	46 mg	20 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
PEARS,CANNED,HALVES,DRAINED,CHOPPED	13-1/4 lbs	1 gal 2 qts	
DESSERT POWDER,GELATIN,LIME	3-1/2 lbs	1 qts 3 cup	
WATER,BOILING	8-1/3 lbs	1 gal	
RESERVED LIQUID	8-1/3 lbs	1 gal	
LETTUCE,LEAF,FRESH,HEAD	4 lbs		6-1/4 lbs

- 1 Drain pears; reserve juice for use in Step 3. Cut pear halves into 2 or 3 pieces; set aside for use in Step 5.
- 2 Add lime gelatin to boiling water; stir until dissolved.
- 3 Add cold water and reserved juice; mix well.
- 4 Pour 3 quarts gelatin mixture into each pan; chill until slightly thickened.
- 5 Add pears to gelatin mixture in each pan; stir to distribute evenly.
- 6 Chill until firm. Cut 5 by 7.
- 7 Place 1 lettuce leaf on each serving dish; add gelatin square. Cover; refrigerate at 41 F. or lower until ready to serve.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 025 03 JELLIED PINEAPPLE, PEAR, AND BANANA SALAD

Yield 100 Portion 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
120 cal	30 g	2 g	0 g	0 mg	47 mg	22 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
PINEAPPLE, CANNED, CHUNKS, JUICE PACK, INCL LIQUIDS	6-3/4 lbs	3 qts 1/4 cup	
PEARS,CANNED,HALVES,JC PK,INCL LIQUIDS,CHOPPED	6-3/4 lbs	3 qts 3/8 cup	
DESSERT POWDER,GELATIN,STRAWBERRY	3-1/2 lbs	1 qts 3 cup	
WATER,BOILING	8-1/3 lbs	1 gal	
RESERVED LIQUID	8-1/3 lbs	1 gal	
BANANA,FRESH,CHOPPED	2-1/4 lbs	1 qts 2-3/4 cup	3-1/2 lbs
MARSHMALLOWS,MINIATURE	1 lbs	2 qts 1 cup	
LETTUCE,LEAF,FRESH,CHOPPED	4 lbs	2 gal 1/8 qts	6-1/4 lbs

- 1 Drain pineapple chunks or tidbits, and canned pear halves; reserve juice for use in Step 3. Cut pear halves into 6 pieces; set aside for use in Step 5.
- 2 Add strawberry gelatin to boiling water; stir until dissolved.
- 3 Add cold water and reserved juice; mix well.
- 4 Pour 3 quarts gelatin mixture into each pan; chill until slightly thickened.
- 5 Add equal amounts of pineapple and bananas to gelatin mixture in each pan; stir to distribute evenly.
- 6 Sprinkle 3 cups marshmallows over mixture in each pan.
- 7 Chill until firm. Cut 5 by 7.
- 8 Place 1 lettuce leaf on each serving dish; add gelatin square. Cover. CCP; refrigerate at 41 F. or lower until ready to serve.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 025 04 JELLIED STRAWBERRY SALAD

Yield 100 Portion 4-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
90 cal	22 g	2 g	0 g	0 mg	44 mg	21 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
DESSERT POWDER,GELATIN,STRAWBERRY	3-1/2 lbs	1 qts 3 cup	
WATER,BOILING	8-1/3 lbs	1 gal	
WATER,COLD	4-1/8 lbs	2 qts	
STRAWBERRIES,FROZEN,THAWED	6 lbs	2 qts 2-5/8 cup	
PINEAPPLE, CANNED, CRUSHED, JUICE PACK, INCL LIQUIDS	3-3/8 lbs	1 qts 2-1/8 cup	
BANANA,FRESH,SLICED	2 lbs	1 qts 2 cup	3-1/8 lbs
LETTUCE,LEAF,FRESH,HEAD	4 lbs	-	6-1/4 lbs

- 1 Add strawberry gelatin dessert powder to boiling water; stir until dissolved.
- 2 Add cold water, partially thawed strawberries, undrained canned crushed pineapple, and thinly sliced bananas. Stir to distribute evenly.
- 3 Pour 3 quarts gelatin mixture into each pan; chill until slightly thickened.
- 4 Chill until firm. Cut 5 by 7.
- 5 Place 1 lettuce leaf on each serving dish; add gelatin square. Cover; refrigerate at 41 F. or lower until ready to serve.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 025 05 JELLIED BANANA SALAD

Yield 100 Portion 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
93 cal	22 g	2 g	0 g	0 mg	44 mg	16 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
DESSERT POWDER,GELATIN,ORANGE	3-1/2 lbs	1 qts 3 cup	
WATER,BOILING	8-1/3 lbs	1 gal	
WATER,COLD	8-1/3 lbs	1 gal	
BANANA,FRESH,CHOPPED	7-1/4 lbs	1 gal 1-1/2 qts	11-1/8 lbs
LETTUCE,LEAF,FRESH,HEAD	4 lbs		6-1/4 lbs

- 1 Add gelatin to boiling water; stir until dissolved.
- 2 Add cold water; mix well.
- 3 Pour 3 quarts gelatin mixture into each pan; chill until slightly thickened.
- 4 Add 1/3 sliced bananas to gelatin in each pan; stir gently to distribute evenly.
- 5 Chill until firm. Cut 5 by 7.
- 6 Place 1 lettuce leaf on each serving dish; add gelatin square. Cover; refrigerate at 41 F. or lower until ready to serve.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 026 00 JELLIED FRUIT COCKTAIL SALAD

Yield 100 Portion 4-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
125 cal	23 g	3 g	3 g	0 mg	48 mg	25 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
FRUIT COCKTAIL,CANNED,JUICE PACK,INCL LIQUIDS	12-1/2 lbs	1 gal 2 qts	
WATER,BOILING	8-1/3 lbs	1 gal	
DESSERT POWDER,GELATIN,CHERRY	3-1/2 lbs	1 qts 3 cup	
RESERVED LIQUID	8-1/3 lbs	1 gal	
JUICE,LEMON	1-5/8 lbs	3 cup	
NUTS,UNSALTED,CHOPPED,COARSELY	1-1/4 lbs	1 qts	
LETTUCE,LEAF,FRESH,HEAD	4 lbs	-	6-1/4 lbs

- 1 Drain fruit cocktail; reserve juice for use in Step 3 and fruit for use in Step 5.
- 2 Add gelatin to boiling water; stir until dissolved.
- 3 Add cold water, reserved juice and lemon juice; mix well.
- 4 Pour 3 quarts gelatin mixture into each pan; chill until slightly thickened.
- 5 Add 2 quarts fruit cocktail and 1-1/3 cups nuts to gelatin mixture in each pan; stir to distribute evenly.
- 6 Chill until firm. Cut 5 by 7.
- 7 Place 1 lettuce leaf on each serving dish; add gelatin square. Cover; refrigerate at 41 F. or lower until ready to serve.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 027 00 GERMAN COLE SLAW

Yield 100 Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
60 cal	5 g	1 g	4 g	0 mg	153 mg	29 mg

<u>Ingredient</u>	Weight	Measure	Issue
ONIONS,FRESH,CHOPPED	12 oz	2-1/8 cup	13-1/3 oz
PEPPERS,GREEN,FRESH,CHOPPED	12 oz	2-1/4 cup	14-5/8 oz
CELERY,FRESH,CHOPPED	12 oz	2-7/8 cup	1 lbs
CABBAGE,GREEN,FRESH,SHREDDED	12 lbs	4 gal 3-1/2 qts	15 lbs
VINEGAR, DISTILLED	1-5/8 lbs	3 cup	
OIL,SALAD	1 lbs	2 cup	
SUGAR,GRANULATED	3-1/2 oz	1/2 cup	
SALT	1-1/4 oz	2 tbsp	
PEPPER,BLACK,GROUND	1/8 oz	1/8 tsp	
PIMIENTO,CANNED,DRAINED,CHOPPED	4-1/4 oz	1/2 cup 2 tbsp	

- 1 Combine onions, peppers, celery, and cabbage; toss lightly.
- 2 Combine vinegar, salad oil or olive oil, sugar, salt, and pepper; pour over cabbage mixture; mix well.
- 3 Garnish with pimientos. Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 028 00 TACO SALAD

Yield 100 Portion 1-1/2 Cups

Ca	alories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
30	07 cal	29 g	18 g	14 g	41 mg	908 mg	187 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
CHILI CON CARNE		3 gal 1 qts	
LETTUCE,ROMAINE,FRESH,CHOPPED	8 lbs	4 gal 1/4 qts	8-1/2 lbs
ONIONS,FRESH,SLICED	12-1/8 oz	3 cup	13-1/2 oz
TOMATOES,FRESH,THIN WEDGES	5-1/8 lbs	3 qts 1 cup	5-1/4 lbs
CHEESE,CHEDDAR,SHREDDED	3-1/8 lbs	3 qts 1/2 cup	
CORN CHIPS	3-1/8 lbs		
TACO SAUCE		3 qts 2 cup	

Method

- 1 Prepare 1/2 recipe Chili Con Carne, Recipe No. L 028 00 or Chili Con Carne with Beans, Recipe No. L 059 00. Keep hot for use in Step 5. CCP: Internal temperature must reach 155 F. or higher for 15 seconds.
- 2 Tear lettuce into pieces.
- 3 Combine lettuce, onions, and tomatoes. Toss lightly.
- 4 Place 1 cup salad mixture in each soup bowl.
- 5 Ladle 1/2 cup hot chili over each salad.
- 6 Sprinkle 2 tablespoons cheese over each salad.
- 7 Sprinkle 6 to 9 corn chips and 2 tablespoons taco sauce over each salad.
- 8 Serve immediately. Taco Salad may be served with sour cream or guacamole.

Notes

1 In Steps 5 and 6, add chili and cheese just before serving to prevent wilted lettuce and unappetizing appearance.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 029 00 ITALIAN STYLE PASTA SALAD

Yield 100 Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
157 cal	15 g	6 g	8 g	13 mg	380 mg	93 mg

<u>Ingredient</u>	Weight	Measure	Issue
VINEGAR AND OIL DRESSING		1 qts	
BASIL,DRIED,CRUSHED	1 oz	1/4 cup 2-1/3 tbsp	
WATER	16-3/4 lbs	2 gal	
SALT	5/8 oz	1 tbsp	
OIL,SALAD	1/2 oz	1 tbsp	
MACARONI NOODLES,SHELLS,DRY	3-2/3 lbs	1 gal	
SALAMI,BEEF,CHOPPED	2 lbs		
CHEESE,PROVOLONE	2-1/8 lbs	1 qts 3-1/2 cup	
OLIVES,RIPE,PITTED,SLICED,INCL LIQUIDS	14-1/4 oz	3 cup	
CELERY,FRESH,CHOPPED	12 oz	2-7/8 cup	1 lbs
ONIONS,FRESH,CHOPPED	8 oz	1-3/8 cup	8-7/8 oz
PEPPERS,GREEN,FRESH,CHOPPED	8 oz	1-1/2 cup	9-3/4 oz
TOMATOES,FRESH,CHOPPED	2-1/2 lbs	1 qts 2-1/4 cup	2-1/2 lbs

Method

- 1 Prepare 1/2 recipe Vinegar and Oil Dressing, Recipe No. M 069 00. Add basil. Stir. Set aside for use in Step 4.
- 2 Add salt and salad oil to water; heat to rolling boil. Slowly add macaroni, rigatoni, rotini, or tortellini, stirring constantly or until water boils again. Cook 7 to 10 minutes or until just tender. Drain; rinse with cold water. Drain thoroughly.
- 3 Add salami, cheese, olives, celery, onions, peppers, and tomatoes to cooked pasta. Toss lightly.
- 4 Add Vinegar and Oil Dressing. Toss lightly. Cover; refrigerate at least 3 hours or until flavors are well blended. Keep refrigerated until ready to serve. CCP: Hold for service at 41 F. or lower.

Notes

1 In Step 1, 2 pounds prepared fat free Italian Salad Dressing may be used per 100 servings.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 030 00 COBB SALAD

Yield 100 Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
213 cal	8 g	9 g	17 g	57 mg	351 mg	85 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
BACON,RAW	5 lbs		
LETTUCE,LEAF,FRESH,HEAD	8 lbs		12-1/2 lbs
TOMATOES,FRESH,CHOPPED	2-1/2 lbs	1 qts 2-1/4 cup	2-1/2 lbs
AVOCADO,FRESH,DICED	3-1/8 lbs	2 qts 1-1/2 cup	4-1/2 lbs
ONIONS,FRESH,CHOPPED	1-1/2 lbs	1 qts 1/4 cup	1-2/3 lbs
CHEESE,BLUE-VEINED	1-7/8 lbs	1 qts 2-1/4 cup	
EGG,HARD COOKED,CHOPPED	1-7/8 lbs	1 qts 2-3/8 cup	
CHICKEN,COOKED,DICED	2-1/8 lbs		
JUICE,LEMON	2-1/8 oz	1/4 cup 1/3 tbsp	
GARLIC FRENCH DRESSING		3 qts 1/2 cup	

- 1 Cook bacon until crisp; place cooked bacon on absorbent paper to eliminate excess fat. Chop bacon.
- 2 Trim, wash and prepare vegetables. Tear lettuce into pieces. Place 3/4 cup lettuce into each individual salad bowl.
- 3 Place 1 tablespoon blue cheese in the center on top of lettuce.
- 4 Arrange following ingredients around cheese in separate wedge-shaped sections: 1 tablespoon each of bacon, tomatoes, eggs, and chicken; 1-1/2 tablespoons avocado (toss avocado in lemon juice to prevent darkening); and 2 teaspoons onions.
- 5 CCP: Cover; refrigerate at 41 F. or lower.
- 6 Serve with Garlic French Dressing (Recipe No. M 060 00).

SALADS, SALAD DRESSINGS, AND RELISHES No.M 031 00 KIDNEY BEAN SALAD

Yield 100 **Portion** 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
152 cal	16 g	5 g	8 g	47 mg	404 mg	28 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
SALAD DRESSING,MAYONNAISE TYPE	3 lbs	1 qts 2 cup	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
VINEGAR, DISTILLED	8-1/3 oz	1 cup	
BEANS,KIDNEY,DARK RED,CANNED,DRAINED	14 lbs	2 gal 1 qts	
CELERY,FRESH,SLICED	2-1/4 lbs	2 qts 1/2 cup	3-1/8 lbs
EGG,HARD COOKED,CHOPPED	2-1/4 lbs	20 Eggs	
ONIONS,FRESH,SLICED	12 oz	3 cup	13-1/3 oz
PEPPERS,GREEN,FRESH,MEDIUM,SLICED,THIN	1 lbs	3 cup	1-1/4 lbs
PICKLE RELISH,SWEET	2-1/8 lbs	1 qts	

- 1 Combine Salad Dressing, pepper, and vinegar in mixer bowl; whip or mix well. Set aside for use in Step 3.
- 2 Drain beans; rinse; drain thoroughly.
- 3 Combine dressing, beans, celery, eggs, onions, peppers, and relish; mix carefully.
 4 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 032 00 FRUIT MEDLEY SALAD

Yield 100 Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
101 cal	16 g	1 g	4 g	0 mg	23 mg	31 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
COCONUT, PREPARED, SWEETENED FLAKES	5-3/4 oz	1-3/4 cup	
PINEAPPLE,CANNED,CHUNKS,JUICE PACK,DRAINED	2-5/8 lbs	1 qts 2 cup	
APPLES,FRESH,MEDIUM,UNPEELED,DICED	6-1/2 lbs	1 gal 1-7/8 qts	7-2/3 lbs
BANANA,FRESH,CHOPPED	2-3/4 lbs	2 qts 3/8 cup	4-1/4 lbs
CELERY,FRESH,CHOPPED	2 lbs	1 qts 3-1/2 cup	2-3/4 lbs
WALNUTS,SHELLED,CHOPPED	8-1/2 oz	2 cup	
RAISINS	7-2/3 oz	1-1/2 cup	
CHERRIES,MARASCHINO,CHOPPED	8-7/8 oz	1 cup	
WATER,COLD	2 lbs	3-3/4 cup	
WHIPPED TOPPING MIX,NONDAIRY,DRY	1 lbs	1 gal 1-5/8 qts	
MILK,NONFAT,DRY	1-5/8 oz	1/2 cup 2-2/3 tbsp	
EXTRACT, VANILLA	7/8 oz	2 tbsp	
LETTUCE,LEAF,FRESH,HEAD	4 lbs		6-1/4 lbs

- 1 Toast coconut; cool; set aside for use in Step 3.
- 2 Combine pineapple, apples, and bananas in pineapple juice until ready to mix. Drain well.
- 3 Add celery, walnuts, raisins, chopped maraschino cherries, and coconut to drained pineapple, apples, and bananas mixture. Mix lightly; set aside for use in Step 6.
- 4 Place cold water in mixing bowl; add topping, milk, and vanilla. Whip at low speed 3 minutes or until blended. Scrape down
- 5 Whip at high speed 5 to 10 minutes or until stiff peaks are formed.
- 6 Add to fruit mixture tossing well to coat pieces. Cover, refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.
- 7 Place 1 lettuce leaf on each serving dish; add 1/2 cup salad mixture.

SALADS, SALAD DRESSINGS, AND RELISHES $\,N_0.M\,033\,00$ LETTUCE AND TOMATO SALAD

Yield 100 Portion 3-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
24 cal	5 g	1 g	0 g	0 mg	11 mg	17 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
LETTUCE,LEAF,FRESH,HEAD	4 lbs		6-1/4 lbs
TOMATOES,FRESH	21-7/8 lbs		22-1/3 lbs

- 1 Separate leaves. Place 1 lettuce leaf on each serving dish.
- 2 Slice each tomato into 6 slices.
- 3 Arrange 4 slices tomatoes on each lettuce leaf. Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 034 00 MACARONI SALAD

Yield 100 Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
141 cal	20 g	3 g	6 g	26 mg	217 mg	14 mg

<u>Ingredient</u>	Weight	Measure	Issue
WATER,BOILING	29-1/4 lbs	3 gal 2 qts	
SALT	7/8 oz	1 tbsp	
OIL,SALAD	5/8 oz	1 tbsp	
MACARONI NOODLES,ELBOW,DRY	4-3/8 lbs	1 gal 3/4 qts	
EGG,HARD COOKED,CHOPPED	1-1/4 lbs	1 qts	
CELERY,FRESH,CHOPPED	1-7/8 lbs	1 qts 3-1/8 cup	2-5/8 lbs
ONIONS,FRESH,CHOPPED	1-3/8 lbs	3-7/8 cup	1-1/2 lbs
PICKLE RELISH,SWEET	1-1/3 lbs	2-1/2 cup	
SALAD DRESSING, MAYONNAISE TYPE	2 lbs	1 qts	
PIMIENTO, CANNED, DRAINED, CHOPPED	6-3/4 oz	1 cup	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
VINEGAR, DISTILLED	6-1/4 oz	3/4 cup	
PAPRIKA,GROUND	1/8 oz	1/3 tsp	

- 1 Add salt and salad oil to water; heat to a rolling boil.
- 2 Slowly add macaroni while stirring constantly, until water boils again. Cook about 15 minutes or until tender; stir occasionally. DO NOT OVERCOOK.
- 3 Drain. Rinse with cold water; drain thoroughly.
- 4 Combine macaroni, chopped eggs, celery, onions, pickle relish, Salad Dressing, pimientos, pepper, and vinegar. Toss lightly.
- 5 Garnish with paprika.
- 6 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 035 00 MIXED FRUIT SALAD

Yield 100 Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
79 cal	20 g	1 g	0 g	0 mg	3 mg	41 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
PEACHES, CANNED, HALVES, JUICE PACK, DRAINED		1 gal 1/2 qts	
PEARS,CANNED,HALVES,DRAINED		1 gal 1/2 qts	
PINEAPPLE, CANNED, CHUNKS, JUICE PACK, DRAINED		1 gal 1/2 qts	
BANANA,FRESH,SLICED		1 gal 1-1/2 qts	
APPLES,FRESH,PEELED,DICED		2 gal 2 qts	
CANTELOUPE,FRESH,CUBED	8-3/4 lbs		
GRAPES,GREEN,FRESH,SEEDLESS		1 gal 1 qts	
APRICOTS,CANNED,JUICE PACK,DRAINED		1 gal 1/2 qts	
HONEYDEW MELON,DICED		3 gal	
GRAPEFRUIT,CANNED,LIGHT SYRUP,DRAINED,SECTIONED	13-1/2 lbs	1 gal 2 qts	
GRAPEFRUIT,FRESH,PARED,SECTIONS	19-3/4 lbs	35 each	38 lbs
ORANGE,FRESH,SECTIONS	5-1/2 lbs	3 qts 2 cup	7-5/8 lbs
LETTUCE,LEAF,FRESH,HEAD	4 lbs		6-1/4 lbs

- 1 Combine any three fruits per 100 servings; cover; refrigerate.
- 2 Place 1 lettuce leaf on serving dish; arrange fruit on lettuce. Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 036 00 PERFECTION SALAD

Yield 100 Portion 3 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
72 cal	17 g	2 g	0 g	0 mg	56 mg	22 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
DESSERT POWDER,GELATIN,LEMON	3-2/3 lbs	1 qts 3-1/2 cup	
WATER,BOILING	6-1/4 lbs	3 qts	
WATER,COLD	8-1/3 lbs	1 gal	
VINEGAR, DISTILLED	8-1/3 oz	1 cup	
CABBAGE,GREEN,FRESH,SHREDDED	1-1/2 lbs	2 qts 1-3/4 cup	1-7/8 lbs
CARROTS,FRESH,CHOPPED	6 oz	1-3/8 cup	7-1/3 oz
CELERY,FRESH,CHOPPED	2 lbs	1 qts 3-1/2 cup	2-3/4 lbs
PEPPERS,GREEN,FRESH,CHOPPED	8 oz	1-1/2 cup	9-3/4 oz
PIMIENTO, CANNED, DRAINED, CHOPPED	6-3/4 oz	1 cup	
LETTUCE,LEAF,FRESH,HEAD	4 lbs		6-1/4 lbs

- 1 Dissolve gelatin in boiling water.
- 2 Add cold water and vinegar; mix well.
- 3 Pour 2-3/4 quarts into each pan.
- 4 Chill until slightly thickened.
- 5 Combine cabbage, carrots, celery, peppers, and pimientos.
- 6 Add 1-1/2 quarts vegetables to gelatin in each pan.
- 7 Chill until firm. Cut 5 by 7.
- 8 Place 1 lettuce leaf on each serving dish; add gelatin square. Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 036 01 GOLDEN GLOW SALAD

Yield 100 Portion 3-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
92 cal	22 g	2 g	0 g	0 mg	52 mg	23 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
DESSERT POWDER,GELATIN,LEMON	3-2/3 lbs	1 qts 3-1/2 cup	
WATER,BOILING	6-1/4 lbs	3 qts	
WATER,COLD	6-1/4 lbs	3 qts	
VINEGAR, DISTILLED	8-1/3 oz	1 cup	
CARROTS,FRESH,SHREDDED	3-1/2 lbs	3 qts 2-1/2 cup	4-1/4 lbs
PINEAPPLE, CANNED, CRUSHED, JUICE PACK, INCL LIQUIDS	6-5/8 lbs	3 qts	
LETTUCE,LEAF,FRESH,HEAD	4 lbs		6-1/4 lbs

- 1 Dissolve gelatin in boiling water.
- 2 Add cold water and vinegar; mix well.
- 3 Pour 2-1/2 quarts gelatin mixture into each pan.
- 4 Chill until slightly thickened.
- 5 Combine fresh carrots and undrained pineapple.
- 6 Add 1-3/4 quarts carrot-pineapple mixture to gelatin in each pan.
- 7 Chill until firm. Cut 5 by 7.
- 8 Place 1 lettuce leaf on each serving dish; add gelatin square. Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 036 02 JELLIED SPRING SALAD

Yield 100 Portion 3 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
70 cal	16 g	2 g	0 g	0 mg	47 mg	16 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
DESSERT POWDER,GELATIN,LEMON	3-2/3 lbs	1 qts 3-1/2 cup	
WATER,BOILING	6-1/4 lbs	3 qts	
WATER,COLD	8-1/3 lbs	1 gal	
VINEGAR, DISTILLED	8-1/3 oz	1 cup	
CUCUMBER,FRESH,CHOPPED	2 lbs	1 qts 3-5/8 cup	2-3/8 lbs
ONIONS,GREEN,FRESH,CHOPPED	10-5/8 oz	3 cup	11-3/4 oz
PIMIENTO, CANNED, DRAINED, CHOPPED	1-2/3 oz	1/4 cup 1/3 tbsp	
LETTUCE,LEAF,FRESH,HEAD	4 lbs	- •	6-1/4 lbs

- 1 Dissolve gelatin in boiling water.
- 2 Add cold water and vinegar; mix well.
- 3 Pour 2-3/4 quarts into each pan.
- 4 Chill until slightly thickened.
- 5 Combine cucumbers, green onions, and pimientos.
- 6 Add 1-1/2 quarts vegetables to gelatin in each pan.
- 7 Chill until firm. Cut 5 by 7.
- 8 Place 1 lettuce leaf on each serving dish; add gelatin square. Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 037 00 PICKLED BEET AND ONION SALAD

Yield 100 Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
71 cal	18 g	1 g	0 g	0 mg	417 mg	25 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
BEETS,CANNED,SLICED,INCL LIQUIDS	26 lbs	3 gal	
RESERVED LIQUID	6-1/4 lbs	3 qts	
VINEGAR, DISTILLED	4-1/8 lbs	2 qts	
CINNAMON,GROUND	1/4 oz	1 tbsp	
CLOVES,GROUND	3/8 oz	1 tbsp	
SALT	1 oz	1 tbsp	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
SUGAR,GRANULATED	12-1/3 oz	1-3/4 cup	
SUGAR,BROWN,PACKED	1 lbs	3-1/4 cup	
ONIONS,FRESH,SLICED	2 lbs	2 qts	2-1/4 lbs

- 1 Drain beets; reserve juice for use in Step 2; beets for use in Step 4.
- 2 Combine reserved juice, vinegar, cinnamon, cloves, salt, pepper, and sugars.
- 3 Cover; bring to a boil; reduce heat; simmer 10 minutes. Cool.
- 4 Combine beets and onions.
- 5 Pour sauce over beets and onions. Cover; refrigerate at least 3 to 4 hours before serving. Keep refrigerated until ready to serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 038 00 PASTA SALAD

Yield 100 Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
172 cal	17 g	5 g	10 g	3 mg	300 mg	79 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
WATER	16-3/4 lbs	2 gal	
SALT	5/8 oz	1 tbsp	
OIL,OLIVE	1/2 oz	1 tbsp	
SPAGHETTI NOODLES,DRY	3-1/2 lbs	3 qts 3-1/8 cup	
SALAD DRESSING,ITALIAN	3-1/8 lbs	1 qts 2 cup	
OIL,SALAD	1-7/8 oz	1/4 cup 1/3 tbsp	
BROCCOLI,FRESH,FLORETS	1-1/4 lbs	1 qts 2-1/2 cup	2 lbs
CARROTS,FRESH,SLICED	1 lbs	3-1/2 cup	1-1/4 lbs
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
TOMATOES,FRESH,CHOPPED	3-1/2 lbs	2 qts 3/4 cup	3-5/8 lbs
SQUASH,ZUCCHINI,FRESH,SLICED	2-1/2 lbs	2 qts 2 cup	2-5/8 lbs
MUSHROOMS,FRESH,WHOLE,SLICED	1-7/8 lbs	3 qts 1/8 cup	2 lbs
ONIONS,FRESH,CHOPPED	1-1/2 lbs	1 qts 1/4 cup	1-2/3 lbs
OLIVES,RIPE,PITTED,SLICED,INCL LIQUIDS	14-1/4 oz	3 cup	
BASIL,SWEET,WHOLE,CRUSHED	1 oz	1/4 cup 2-1/3 tbsp	
PARSLEY,FRESH,BUNCH,CHOPPED	1-5/8 oz	3/4 cup 1/3 tbsp	1-3/4 oz
CHEESE,PARMESAN,GRATED	14-1/8 oz	1 qts	

- 1 Add salt and oil to water; heat to a rolling boil. Slowly add vermicelli, stirring constantly until water boils again. Cook 7 to 10 minutes or until tender. Rinse with cold water; drain thoroughly.
- 2 Add dressing to vermicelli. Toss lightly. Set aside for use in Step 4.
- 3 Lightly spray griddle with non-stick cooking spray. Saute broccoli and carrots on lightly sprayed griddle for 8 to 10 minutes or until tender crisp.
- 4 Add tomatoes, squash, mushrooms, onions, olives, and sauteed vegetables to pasta mixture. Toss lightly.
- 5 Add basil, parsley, and parmesan cheese to pasta mixture. Toss lightly.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 039 00 CORN RELISH

Yield 100 Portion 2-1/2 Tablespoons

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
27 cal	6 g	1 g	0 g	0 mg	95 mg	4 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
CORN,CANNED,WHOLE KERNEL,DRAINED	4-1/3 lbs	3 qts	
CELERY,FRESH,CHOPPED	1 lbs	3-3/4 cup	1-3/8 lbs
ONIONS,FRESH,CHOPPED	1 lbs	2-7/8 cup	1-1/8 lbs
PEPPERS,GREEN,FRESH,CHOPPED	8 oz	1-1/2 cup	9-3/4 oz
PIMIENTO,CANNED,DRAINED,CHOPPED	4-1/4 oz	1/2 cup 2 tbsp	
PEPPER,BLACK,GROUND	1/8 oz	1/8 tsp	
SALAD DRESSING,FRENCH,FAT FREE	1-1/8 lbs	2 cup	

Method

- 1 Combine corn, celery, onions, peppers, pimientos, and pepper.
- 2 Add Fat Free French Dressing or French Dressing Recipe No. M 058 00; mix well.
- 3 Cover; refrigerate 6 hours or until flavors are blended. Keep refrigerated until ready to serve. CCP: Hold for service at 41 F. or lower.

Notes

1 Serve as a relish with meat or fish. If served as a salad, double recipe. EACH PORTION: 1/3 Cup or 2 ounces.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 040 00 POTATO SALAD

Yield 100 Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
209 cal	22 g	3 g	13 g	45 mg	571 mg	19 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
POTATOES,FRESH,PEELED,CUBED	18 lbs	3 gal 1-1/8 qts	22-1/4 lbs
WATER	16-3/4 lbs	2 gal	
SALT	2-1/2 oz	1/4 cup 1/3 tbsp	
ONIONS,FRESH,CHOPPED	1 lbs	2-7/8 cup	1-1/8 lbs
OIL,SALAD	9-5/8 oz	1-1/4 cup	
SALT	1 oz	1 tbsp	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
VINEGAR, DISTILLED	5-5/8 oz	1/2 cup 2-2/3 tbsp	
CELERY,FRESH,CHOPPED	2-3/8 lbs	2 qts 1 cup	3-1/4 lbs
EGG,HARD COOKED,CHOPPED	2 lbs	18 Eggs	
PICKLE RELISH,SWEET	1-1/8 lbs	2 cup	
PIMIENTO,CANNED,DRAINED,CHOPPED	8-1/2 oz	1-1/4 cup	
SALAD DRESSING,MAYONNAISE TYPE	4 lbs	2 qts	
PARSLEY,FRESH,BUNCH,CHOPPED	1 oz	1/4 cup	1 oz
PAPRIKA,GROUND	1/2 oz	2 tbsp	

- 1 Cover potatoes with water; bring to a boil; add salt; cover. Cook until tender.
- 2 Drain well. Cool slightly.
- 3 Combine onions, salad oil or olive oil, salt, pepper, and vinegar. Add to potatoes. Cover; refrigerate 1 hour.
- 4 Combine celery, eggs, relish, pimientos, and Salad Dressing; add to potato mixture.
- 5 Mix lightly but thoroughly to coat potatoes with Salad Dressing mixture.
- 6 Garnish with parsley and paprika.
- 7 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 040 01 DEVILED POTATO SALAD

Yield 100 Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
234 cal	22 g	4 g	15 g	48 mg	650 mg	21 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
POTATOES,FRESH,PEELED,CUBED	18 lbs	3 gal 1-1/8 qts	22-1/4 lbs
WATER	16-3/4 lbs	2 gal	
SALT	2-1/2 oz	1/4 cup 1/3 tbsp	
ONIONS,FRESH,CHOPPED	1 lbs	2-7/8 cup	1-1/8 lbs
OIL,SALAD	9-5/8 oz	1-1/4 cup	
SALT	1 oz	1 tbsp	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
VINEGAR, DISTILLED	5-5/8 oz	1/2 cup 2-2/3 tbsp	
MUSTARD,PREPARED	6-5/8 oz	3/4 cup	
SUGAR,GRANULATED	7/8 oz	2 tbsp	
BACON,COOKED,CHOPPED	12 oz		
CELERY,FRESH,CHOPPED	2-3/8 lbs	2 qts 1 cup	3-1/4 lbs
EGG,HARD COOKED,CHOPPED	2 lbs	18 Eggs	
PICKLE RELISH,SWEET	1-1/8 lbs	2 cup	
PIMIENTO,CANNED,DRAINED,CHOPPED	8-1/2 oz	1-1/4 cup	
SALAD DRESSING,MAYONNAISE TYPE	4-1/8 lbs	2 qts 1/4 cup	
PARSLEY,FRESH,BUNCH,CHOPPED	1 oz	1/4 cup	1 oz
PAPRIKA,GROUND	1/2 oz	2 tbsp	

- 1 Cover potatoes with cold water; bring to a boil; add salt; cover. Cook until tender.
- 2 Drain well. Cool slightly.
- 3 Combine onions, salad oil or olive oil, salt, pepper, and vinegar. Add to potatoes. Cover; refrigerate 1 hour.
- 4 Combine celery, eggs, relish, pimientos, mustard, sugar, bacon, and Salad Dressing.
- 5 Mix lightly but thoroughly to coat potatoes with Salad Dressing mixture.
- 6 Garnish with parsley and paprika.
- 7 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 040 02

POTATO SALAD WITH VINEGAR DRESSING

Yield 100 Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
130 cal	31 g	2 g	0 g	0 mg	455 mg	18 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
POTATOES,FRESH,PEELED,CUBED	22 lbs	4 gal	27-1/8 lbs
WATER	16-3/4 lbs	2 gal	
SALT	2-1/2 oz	1/4 cup 1/3 tbsp	
ONIONS,FRESH,CHOPPED	1 lbs	2-7/8 cup	1-1/8 lbs
CELERY,FRESH,CHOPPED	3 lbs	2 qts 3-3/8 cup	4-1/8 lbs
PICKLE RELISH,SWEET	1-1/8 lbs	2 cup	
PIMIENTO,CANNED,DRAINED,CHOPPED	8-1/2 oz	1-1/4 cup	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
SALT	1 oz	1 tbsp	
SUGAR,GRANULATED	1-3/4 lbs	1 qts	
VINEGAR, DISTILLED	2-1/8 lbs	1 qts	
WATER	8-1/3 oz	1 cup	
PARSLEY,FRESH,BUNCH,CHOPPED	1 oz	1/4 cup	1 oz
PAPRIKA,GROUND	1/2 oz	2 tbsp	

- 1 Cover potatoes with water; bring to a boil; add salt; cover. Cook until tender.
- 2 Drain well. Cool slightly.
- 3 Add onions to potatoes. Cover and refrigerate 1 hour.
- 4 Combine celery, relish, and pimientos. Add to potato mixture.
- 5 Combine pepper, salt, sugar, vinegar, and water to make vinegar dressing. Mix lightly but thoroughly to coat potatoes.
- 6 Garnish with parsley and paprika.
- 7 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 041 00

POTATO SALAD (DEHYDRATED SLICED POTATOES)

Yield 100 Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
133 cal	10 g	2 g	10 g	41 mg	500 mg	17 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
POTATO, WHITE, DEHYDRATED, SLICED	4-3/8 lbs		
WATER,BOILING	29-1/4 lbs	3 gal 2 qts	
SALT	1-7/8 oz	3 tbsp	
ONIONS,DEHYDRATED,CHOPPED	4 oz	2 cup	
PEPPERS,GREEN,FRESH,CHOPPED	7-7/8 oz	1-1/2 cup	9-5/8 oz
WATER,WARM	5-1/4 lbs	2 qts 2 cup	
PICKLE RELISH,SWEET	1-1/8 lbs	2 cup	
CELERY,FRESH,CHOPPED	2-3/8 lbs	2 qts 1 cup	3-1/4 lbs
PIMIENTO, CANNED, DRAINED, CHOPPED	8-1/2 oz	1-1/4 cup	
EGG,HARD COOKED,CHOPPED	1-3/4 lbs	1 qts 2 cup	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
SALT	1 oz	1 tbsp	
SALAD DRESSING,MAYONNAISE TYPE	4 lbs	2 qts	
VINEGAR, DISTILLED	5-5/8 oz	1/2 cup 2-2/3 tbsp	
PAPRIKA,GROUND	1/2 oz	2 tbsp	

- 1 Add potatoes to boiling salted water; cover. Bring quickly to a boil. Reduce heat; simmer 20 to 25 minutes or until tender. Drain. Set aside for use in Step 3.
- 2 Rehydrate onions and peppers. Drain before using.
- 3 Carefully combine potatoes, onions, peppers, relish, celery, pimientos, eggs, salt, and pepper.
- 4 Combine Salad Dressing and vinegar; fold into potato mixture. Cover; refrigerate until ready to serve.
- 5 Garnish with paprika. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 042 00 HOT POTATO SALAD

Yield 100 Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
168 cal	26 g	3 g	6 g	7 mg	355 mg	17 mg

Ingredient	Weight	Measure	<u>Issue</u>
POTATOES,FRESH,PEELED,CUBED	23 lbs	4 gal 3/4 qts	28-3/8 lbs
WATER	20-7/8 lbs	2 gal 2 qts	
SALT	1-1/4 oz	2 tbsp	
BACON,RAW	3 lbs		
ONIONS,FRESH,CHOPPED	1-3/8 lbs	3-7/8 cup	1-1/2 lbs
CELERY,FRESH,CHOPPED	2 lbs	1 qts 2-1/8 cup	2-3/4 lbs
SALT	1-1/4 oz	2 tbsp	
PEPPER,BLACK,GROUND	<1/16th oz	1/8 tsp	
BACON FAT,RENDERED	14-1/2 oz	2 cup	
WATER	1-5/8 lbs	3 cup	
VINEGAR, DISTILLED	3-1/8 lbs	1 qts 2 cup	
SUGAR,GRANULATED	12-1/3 oz	1-3/4 cup	
MUSTARD,DRY	3/8 oz	1 tbsp	

- 1 Cover potatoes with water; bring to a boil; add salt; cover. Cook until tender. Drain well. Set aside for use in Step 2.
- 2 Cook bacon until crisp. Drain; combine bacon with potatoes. Set bacon fat aside for use in Step 4.
- 3 Carefully mix potato and bacon mixture with onions, celery, salt, and pepper.
- 4 Combine bacon fat, water, vinegar, sugar, and mustard; heat to boiling point.
- 5 Pour hot mixture over potato mixture; combine carefully.
- 6 Pour 2-1/8 gallon mixture into each pan.
- 7 Place in oven at 350 F. for 15 minutes or until thoroughly heated. Serve hot. CCP: Hold for service at 140 F. or higher.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 043 00

HOT POTATO SALAD (DEHYDRATED SLICED POTATOES)

Yield 100 Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
104 cal	14 g	2 g	5 g	6 mg	364 mg	9 mg

<u>Ingredient</u>	Weight	Measure	Issue
POTATO, WHITE, DEHYDRATED, SLICED	6-1/4 lbs		
WATER,BOILING	41-3/4 lbs	5 gal	
SALT	2-1/3 oz	1/4 cup	
ONIONS,DEHYDRATED,CHOPPED	3/4 oz	1/4 cup 2-1/3 tbsp	
WATER,WARM	14-5/8 oz	1-3/4 cup	
PICKLE RELISH,SWEET	1-1/8 lbs	2 cup	
PEPPER,BLACK,GROUND	1/2 oz	2 tbsp	
BACON,RAW	3 lbs		
VINEGAR, DISTILLED	2-1/8 lbs	1 qts	
WATER	3-1/8 lbs	1 qts 2 cup	
SUGAR,GRANULATED	1-1/4 lbs	2-3/4 cup	
BACON FAT, RENDERED	10-7/8 oz	1-1/2 cup	

- 1 Add potatoes to boiling salted water. Cover. Bring quickly to a boil. Reduce heat; simmer 20 to 25 minutes or until potatoes are tender. Drain. Set aside for use in Step 3.
- 2 Rehydrate onions; drain well.
- 3 Combine onions, relish and pepper; mix well; add to potatoes. Set aside for use in Step 6.
- 4 Cook bacon until crisp. Remove bacon from fat; set bacon fat aside for use in Step 5. Set bacon aside for use in Step 7.
- 5 Combine vinegar, water, and sugar. Add gradually to bacon fat. Cook until sugar is dissolved stirring constantly.
- 6 Pour hot dressing over potato mixture; combine carefully.
- 7 Add bacon; reserve enough to sprinkle on top as a garnish. Serve hot. CCP: Hold for service at 140 F. or higher.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 044 00 SPRING SALAD

Yield 100 Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
16 cal	4 g	1 g	0 g	0 mg	7 mg	27 mg

Ingredient	Weight	Measure	<u>Issue</u>
LETTUCE,LEAF,FRESH,HEAD	5 lbs		7-3/4 lbs
RADISH,FRESH,SLICES	1 lbs	3-7/8 cup	1-1/8 lbs
CUCUMBERS,FRESH,PEELED,SLICED	3 lbs	2 qts 3-1/2 cup	5-7/8 each
PEPPERS,GREEN,FRESH,CHOPPED	1-1/2 lbs	1 qts 1/2 cup	1-7/8 lbs
ONIONS,GREEN,FRESH,SLICED	2 lbs	2 qts 1-1/8 cup	2-1/4 lbs
TOMATOES,FRESH,THIN WEDGES	5 lbs	3 qts 5/8 cup	5-1/8 lbs

- 1 Tear prepared lettuce into large pieces.
- 2 Combine lettuce with radishes, cucumbers, peppers, and onions; toss lightly.
- 3 Cover; CCP: Refrigerate at 41 F. or lower for use in Step 4.
- 4 Add tomatoes to other salad vegetables just before serving. Toss lightly. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 045 00 THREE BEAN SALAD

Yield 100 Portion 1/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
120 cal	15 g	2 g	7 g	0 mg	366 mg	16 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
BEANS,KIDNEY,DARK RED,CANNED,DRAINED	4-2/3 lbs	3 qts	
BEANS,WAX,CANNED,DRAINED	3-5/8 lbs	3 qts	
BEANS,GREEN,CANNED,DRAINED	3-5/8 lbs	3 qts	
ONIONS,FRESH,SLICED	1 lbs	3-3/4 cup	1 lbs
SUGAR,GRANULATED	2 lbs	1 qts 1/2 cup	
VINEGAR, DISTILLED	3-1/8 lbs	1 qts 2 cup	
OIL,SALAD	1-1/2 lbs	3 cup	
SALT	1-7/8 oz	3 tbsp	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	

- 1 Drain all beans. Rinse kidney beans with cool water; drain.
- 2 Combine beans and onions. Set aside for use in Step 4.
- 3 Combine sugar, vinegar, salad oil or olive oil, salt, and pepper; whip or shake thoroughly.
- 4 Add dressing; blend well.
- 5 Cover; refrigerate at least 6 hours until flavors are well blended. Keep refrigerated until ready to serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 045 01 PICKLED GREEN BEAN SALAD

Yield 100 Portion 1/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
113 cal	14 g	1 g	7 g	0 mg	435 mg	24 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
BEANS,GREEN,CANNED,DRAINED	19 lbs	3 gal 4 qts	
ONIONS,FRESH,SLICED	13-2/3 oz	3-3/4 cup	
SUGAR,GRANULATED	2 lbs	1 qts 1/2 cup	
VINEGAR, DISTILLED	3-1/8 lbs	1 qts 2 cup	
OIL,SALAD	1-1/2 lbs	3 cup	
SALT	1-7/8 oz	3 tbsp	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	

- 1 Drain all beans.
- 2 Combine beans and onions. Set aside for use in Step 4.
- 3 Combine sugar, vinegar, salad oil, salt, and pepper; whip or shake thoroughly.
- 4 Add dressing; blend well.
- 5 Cover; refrigerate at least 6 hours until flavors are well blended. Keep refrigerated until ready to serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 046 00 TOSSED LETTUCE, CUCUMBER AND TOMATO SALAD

Yield 100 Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
13 cal	3 g	1 g	0 g	0 mg	6 mg	30 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
LETTUCE,LEAF,FRESH,CHOPPED	8 lbs	4 gal 1/4 qts	12-1/2 lbs
ONIONS,GREEN,FRESH,SLICED	8 oz	2-1/4 cup	8-7/8 oz
CUCUMBERS,FRESH,PEELED,SLICED	4 lbs	3 qts 3-1/4 cup	7-7/8 each
TOMATOES, FRESH, THIN WEDGES	4 lbs	2 qts 2-1/8 cup	4-1/8 lbs

- 1 Tear prepared lettuce into large pieces.
- 2 Combine lettuce with onions and cucumbers; toss lightly.
- 3 Cover; Add tomatoes to other salad vegetables just before serving. Toss lightly. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES $\,N_0.M\,046\,01$ TOSSED GARDEN SALAD

Yield 100 Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
17 cal	4 g	1 g	0 g	0 mg	16 mg	32 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
LETTUCE,LEAF,FRESH,HEAD	8 lbs		12-1/2 lbs
CARROTS,FRESH,CHOPPED	2 lbs	1 qts 3-1/8 cup	2-1/2 lbs
CELERY,FRESH,CHOPPED	2 lbs	1 qts 3-1/2 cup	2-3/4 lbs
ONIONS,FRESH,CHOPPED	8 oz	1-3/8 cup	8-7/8 oz
TOMATOES,FRESH,THIN WEDGES	4 lbs	2 qts 2-1/8 cup	4-1/8 lbs

- 1 Tear prepared lettuce into large pieces.
- 2 Combine lettuce with carrots, celery, and onions; toss lightly.
- 3 Cover. Add tomatoes to other salad vegetables just before serving. Toss lightly. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 046 02 TOSSED CALICO GARDEN SALAD

Yield 100 Portion 1 Cup

I	Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
I	16 cal	3 g	1 g	0 g	0 mg	11 mg	31 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
LETTUCE,LEAF,FRESH,HEAD	8 lbs		12-1/2 lbs
ONIONS,GREEN,FRESH,SLICED	8 oz	2-1/4 cup	8-7/8 oz
CUCUMBERS,FRESH,PEELED,SLICED	1 lbs	3-3/4 cup	2 each
CARROTS,FRESH,CHOPPED	1 lbs	3-1/2 cup	1-1/4 lbs
CELERY,FRESH,CHOPPED	1 lbs	3-3/4 cup	1-3/8 lbs
PEPPERS,GREEN,FRESH,CHOPPED	1 lbs	3 cup	1-1/4 lbs
TOMATOES,FRESH,THIN WEDGES	4 lbs	2 qts 2-1/8 cup	4-1/8 lbs

- 1 Tear prepared lettuce into large pieces.
- 2 Combine lettuce with onions, cucumbers, carrots, celery and green peppers; toss lightly.
- 3 Cover; Add tomatoes to other salad vegetables just before serving. Toss lightly. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 046 03 TOSSED ROMAINE, CUCUMBER AND TOMATO SALAD

Yield 100 Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
12 cal	2 g	1 g	0 g	0 mg	5 mg	18 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>	
LETTUCE,ROMAINE,FRESH,CHOPPED	8 lbs	4 gal 1/4 qts	8-1/2 lbs	
ONIONS,GREEN,FRESH,SLICED	8 oz	2-1/4 cup	8-7/8 oz	
CUCUMBER,FRESH,SLICED	4 lbs	3 qts 1-5/8 cup	4-3/4 lbs	
TOMATOES, FRESH, THIN WEDGES	4 lbs	2 qts 2-1/8 cup	4-1/8 lbs	

- 1 Tear lettuce into large pieces. Combine lettuce with onions and cucumbers; toss lightly. Cover.
- 2 Add tomatoes to other salad vegetables just before serving. Toss lightly. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 046 04 TOSSED RED LEAF LETTUCE, CUCUMBER AND TOMATO SALAD

Yield 100 Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
13 cal	3 g	1 g	0 g	0 mg	6 mg	30 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
LETTUCE,FRESH,LEAF,RED	8 lbs	4 gal 1/4 qts	12-1/2 lbs
ONIONS,GREEN,FRESH,SLICED	8 oz	2-1/4 cup	8-7/8 oz
CUCUMBERS,FRESH,PEELED,SLICED	4 lbs	3 qts 3-1/4 cup	7-7/8 each
TOMATOES,FRESH,THIN WEDGES	4 lbs	2 qts 2-1/8 cup	4-1/8 lbs

- 1 Combine lettuce with onions and cucumbers; toss lightly. Cover.
- 2 Add tomatoes to other salad vegetables just before serving. Toss lightly. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 046 05 GREEN LEAF LETTUCE, CUCUMBER AND TOMATO SALAD

Yield 100 Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
13 cal	3 g	1 g	0 g	0 mg	6 mg	30 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
LETTUCE,LEAF,FRESH,HEAD	8 lbs		12-1/2 lbs
ONIONS,GREEN,FRESH,SLICED	8 oz	2-1/4 cup	8-7/8 oz
CUCUMBERS,FRESH,PEELED,SLICED	4 lbs	3 qts 3-1/4 cup	7-7/8 each
TOMATOES,FRESH,THIN WEDGES	4 lbs	2 qts 2-1/8 cup	4-1/8 lbs

- 1 Tear lettuce into large pieces. Combine lettuce with onions and cucumbers; toss lightly. Cover.
- 2 Add tomatoes to other salad vegetables just before serving. Toss lightly. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 047 00 TOSSED GREEN SALAD

Yield 100 Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
8 cal	2 g	1 g	0 g	0 mg	6 mg	28 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
ENDIVE,FRESH	2 lbs		2-1/4 lbs
LETTUCE,ROMAINE,FRESH	3 lbs	1 gal 2-1/8 qts	3-1/4 lbs
LETTUCE,LEAF,FRESH,HEAD	6 lbs		9-3/8 lbs

Method

- 1 Tear greens into large pieces. Combine greens; toss lightly.
- 2 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

Notes

1 In Step 1, per 100 servings: 2 pounds fresh escarole may be used for fresh endive and 3 pounds fresh spinach may be used for romaine.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 048 00 TOSSED VEGETABLE SALAD

Yield 100 Portion 1 Cup

Calori	es (Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
19 ca	1	4 g	1 g	0 g	0 mg	19 mg	34 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
LETTUCE,LEAF,FRESH,HEAD	6 lbs		9-3/8 lbs
CABBAGE,GREEN,FRESH,SHREDDED	2 lbs	3 qts 1 cup	2-1/2 lbs
CELERY,FRESH,SLICED	3 lbs	2 qts 3-3/8 cup	4-1/8 lbs
CUCUMBERS,FRESH,PEELED,SLICED	3 lbs	2 qts 3-1/2 cup	5-7/8 each
ONIONS,FRESH,SLICED	2 lbs	1 qts 3-7/8 cup	2-1/4 lbs
RADISH,FRESH,SLICES	1 lbs	3-7/8 cup	1-1/8 lbs
TOMATOES,FRESH,THIN WEDGES	4 lbs	2 qts 2-1/8 cup	4-1/8 lbs

- 1 Tear prepared lettuce into large pieces. Combine lettuce with cabbage, celery, cucumbers, onions and radishes; toss lightly.
- 2 Cover. Add tomatoes to other salad vegetables just before serving. Toss lightly. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 048 01 TOSSED CALICO VEGETABLE SALAD

Yield 100 Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
48 cal	11 g	2 g	0 g	0 mg	20 mg	56 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
LETTUCE,LEAF,FRESH,HEAD	6 lbs		9-3/8 lbs
CABBAGE,RED,FRESH,SHREDDED	2 lbs	3 qts 1 cup	
CELERY,FRESH,SLICED	3 lbs	2 qts 3-3/8 cup	4-1/8 lbs
CUCUMBERS,FRESH,PEELED,SLICED	3 lbs	2 qts 3-1/2 cup	5-7/8 each
ONIONS,DEHYDRATED,CHOPPED	2 lbs	1 gal <1/16th qts	
RADISH,FRESH,SLICES	1 lbs	3-7/8 cup	1-1/8 lbs
TOMATOES,FRESH,THIN WEDGES	4 lbs	2 qts 2-1/8 cup	4-1/8 lbs

- 1 Tear lettuce into large pieces. Combine lettuce with red cabbage, celery, cucumbers, onions, and radishes; toss lightly.
- 2 Cover. Add tomatoes to other salad vegetables just before serving. Toss lightly. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 049 00 VEGETABLE SALAD

Yield 100 Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
45 cal	9 g	2 g	0 g	0 mg	282 mg	26 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
BEANS,GREEN,CANNED,DRAINED	3-5/8 lbs	3 qts	
CARROTS,CANNED,SLICED,DRAINED	6-1/2 lbs	3 qts	
PEAS,GREEN,CANNED,DRAINED	4-1/2 lbs	3 qts	
CELERY,FRESH,CHOPPED	5 lbs	1 gal 3/4 qts	6-7/8 lbs
ONIONS,FRESH,SLICED	1 lbs	4 cup	1-1/8 lbs
SALAD DRESSING,FRENCH,FAT FREE	2-1/4 lbs	1 qts	

- 1 Drain beans, carrots, and peas thoroughly. Cut carrots into 1/2-inch pieces.
- 2 Combine beans, carrots, and peas with celery and onions; toss lightly.
- 3 Add French Dressing to vegetable mixture; toss lightly.
- 4 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 050 00 WALDORF SALAD

Yield 100 Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
119 cal	10 g	1 g	9 g	4 mg	83 mg	27 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
MILK,NONFAT,DRY	1/2 oz	3 tbsp	
WATER,WARM	7-1/3 oz	3/4 cup 2 tbsp	
JUICE,LEMON	4-1/3 oz	1/2 cup	
SUGAR,GRANULATED	1-3/4 oz	1/4 cup 1/3 tbsp	
SALAD DRESSING,MAYONNAISE TYPE	2-1/2 lbs	1 qts 1 cup	
CELERY,FRESH,CHOPPED	3 lbs	2 qts 3-3/8 cup	4-1/8 lbs
WALNUTS,SHELLED,CHOPPED	1 lbs	1 qts	
APPLES,FRESH,MEDIUM,UNPEELED,DICED	9 lbs	2 gal 1/8 qts	10-5/8 lbs
LETTUCE,LEAF,FRESH,CHOPPED	4 lbs	2 gal 1/8 qts	6-1/4 lbs

- 1 Reconstitute milk.
- 2 Combine lemon juice, sugar, and Regular Salad Dressing or Fat Free Dressing. Add to milk. Mix well.
- 3 Add celery, nuts, and apples to Salad Dressing mixture. Toss well to coat pieces.
- 4 Place 1 lettuce leaf on each serving dish; add salad. Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 050 01 APPLE, CELERY, AND RAISIN SALAD

Yield 100 Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
115 cal	17 g	1 g	6 g	4 mg	87 mg	28 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
MILK,NONFAT,DRY	1/2 oz	3 tbsp	
WATER,WARM	7-1/3 oz	3/4 cup 2 tbsp	
JUICE,LEMON	4-1/3 oz	1/2 cup	
SUGAR,GRANULATED	1-3/4 oz	1/4 cup 1/3 tbsp	
SALAD DRESSING,MAYONNAISE TYPE	2-1/2 lbs	1 qts 1 cup	
CELERY,FRESH,CHOPPED	4 lbs	3 qts 3-1/8 cup	5-1/2 lbs
RAISINS	1-7/8 lbs	1 qts 2 cup	
APPLES,FRESH,MEDIUM,UNPEELED,DICED	9 lbs	2 gal 1/8 qts	10-5/8 lbs
LETTUCE,LEAF,FRESH,HEAD	4 lbs	- •	6-1/4 lbs

- 1 Reconstitute milk.
- 2 Combine lemon juice, sugar, and Regular Salad Dressing or Fat Free Dressing. Add to milk. Mix well.
- 3 Add celery, raisins, and apples to Salad Dressing mixture. Toss well to coat pieces.
- 4 Place 1 lettuce leaf on each serving dish; add salad. Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 051 00 **CRANBERRY ORANGE RELISH**

Yield 100 **Portion** 5-1/4 Quarts

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
8987 cal	2315 g	19 g	5 g	0 mg	37 mg	670 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
CRANBERRIES,FRESH	4 lbs	1 gal 3/4 qts	4-1/4 lbs
ORANGE,FRESH	2-7/8 lbs	10 each	4 lbs
SUGAR, GRANULATED	4-1/4 lbs	2 qts 1-5/8 cup	

- 1 Put cranberries through food grinder or chopper to grind fine. Set aside for use in Step 3.
- 2 Cut oranges into quarters; remove seeds. Coarse grind through food grinder or chopper.
- Combine cranberries, oranges, and sugar; stir until sugar is dissolved.
 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 052 00 GUACAMOLE

Yield 100 Portion 2 Tablespoons

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
67 cal	3 g	1 g	6 g	2 mg	101 mg	4 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
AVOCADO,FRESH,PUREED	6 lbs	2 qts 3-7/8 cup	8-2/3 lbs
ONIONS,FRESH,GRATED	6 oz	1 cup	6-2/3 oz
GARLIC POWDER	1/8 oz	1/8 tsp	
CHILI POWDER,DARK,GROUND	1/4 oz	1 tbsp	
SALT	5/8 oz	1 tbsp	
PEPPER,BLACK,GROUND	1/8 oz	1/8 tsp	
SALAD DRESSING,MAYONNAISE TYPE	1 lbs	2 cup	

Method

- 1 Combine avocados, onions, garlic, chili powder, salt, pepper, and Salad Dressing in mixer bowl. Whip at high speed until well blended
- 2 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

Notes

- 1 For Salad: Serve 2 tablespoons guacamole on each lettuce leaf. Garnish with tomato wedge.
- 2 For Dip: Serve with potato chips, crackers, and corn chips.

SALADS, SALAD DRESSINGS, AND RELISHES $\,N_0.M\,053\,00$ GERMAN STYLE TOMATO SALAD

Yield 100 Portion 1/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
68 cal	5 g	1 g	5 g	5 mg	171 mg	9 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
TOMATOES,FRESH,CHOPPED	15-7/8 lbs	2 gal 2 qts	16-1/4 lbs
ONIONS,FRESH,CHOPPED	1 lbs	3 cup	1-1/8 lbs
PARSLEY,FRESH,BUNCH,CHOPPED	4-1/4 oz	2 cup	4-1/2 oz
SALT	1 oz	1 tbsp	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
SALAD DRESSING,MAYONNAISE TYPE	2 lbs	1 qts	
CREAM, TABLE, HOMOGENIZED, HALF PINT	8-1/2 oz	1 cup	
BACON,RAW	3-1/4 oz	•	

- 1 Cut tomatoes into 1/2-inch cubes.
- 2 Add chopped onions, parsley, salt, and pepper. Toss lightly. Cover; refrigerate until ready to serve.
- 3 Combine Salad Dressing and cream. Set aside for use in Step 5.
- 4 Cook bacon until crisp; drain. Set aside for use in Step 6.
- 5 Just before serving, add dressing to tomato mixture; toss gently.
- 6 Sprinkle bacon on top and serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 053 01 COUNTRY STYLE TOMATO SALAD

Yield 100 Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
53 cal	8 g	1 g	2 g	0 mg	119 mg	9 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
TOMATOES,FRESH,CHOPPED	15 lbs	2 gal 1-1/2 qts	15-1/3 lbs
ONIONS,FRESH,CHOPPED	1 lbs	2-7/8 cup	1-1/8 lbs
PEPPERS,GREEN,FRESH,CHOPPED	1-1/2 lbs	1 qts 1/2 cup	1-7/8 lbs
CELERY,FRESH,CHOPPED	2 lbs	1 qts 3-1/2 cup	2-3/4 lbs
SALT	1 oz	1 tbsp	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
VINEGAR, DISTILLED	1-5/8 lbs	3 cup	
SUGAR,GRANULATED	12-1/3 oz	1-3/4 cup	
OIL,SALAD	7-2/3 oz	1 cup	

- 1 Cut tomatoes into 1/2-inch cubes.
- 2 Add chopped onions, chopped fresh sweet peppers, chopped celery, salt, and pepper. Toss lightly. Cover; refrigerate until ready to serve.
- 3 Combine vinegar, granulated sugar, and salad oil. Add to salad; toss.
- 4 Cover; marinate in refrigerator at least 1 hour before serving. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 054 00 TOMATO FRENCH DRESSING

Yield 100 Portion 1 Tablespoon

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
29 cal	2 g	0 g	2 g	0 mg	53 mg	2 mg

Ingredient	Weight	Measure	<u>Issue</u>
SOUP, CONDENSED, TOMATO	2-1/8 lbs	3-3/4 cup	
VINEGAR, DISTILLED	12-1/2 oz	1-1/2 cup	
SUGAR,GRANULATED	1-3/4 oz	1/4 cup 1/3 tbsp	
ONIONS,FRESH,GRATED	1-3/8 oz	1/4 cup 1/3 tbsp	1-5/8 oz
WORCESTERSHIRE SAUCE	3/4 oz	1 tbsp	
MUSTARD,DRY	3/8 oz	1 tbsp	
GARLIC POWDER	1/8 oz	1/8 tsp	
OIL,SALAD	7-2/3 oz	1 cup	

- 1 Combine soup, vinegar, sugar, onions, Worcestershire sauce, mustard, and garlic powder in mixer bowl.
- 2 Using a wire whip, beat at medium speed about 2 minutes or until well blended.
- 3 Add salad oil or olive oil gradually while mixing at low speed for 3 minutes.
- 4 Beat at medium speed 2 minutes or until well blended.
- 5 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.
- 6 Whip or stir well before using.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 055 00 VINAIGRETTE DRESSING

Yield 100 Portion 1 Tablespoon

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
42 cal	1 g	0 g	4 g	0 mg	117 mg	3 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
SUGAR,GRANULATED	1 oz	2-1/3 tbsp	
SALT	1 oz	1 tbsp	
MUSTARD,DRY	1 oz	2-2/3 tbsp	
PEPPER,BLACK,GROUND	1/8 oz	1/4 tsp	
PEPPER,RED,GROUND	<1/16th oz	1/8 tsp	
VINEGAR, DISTILLED	1 lbs	2 cup	
WATER	1 lbs	2 cup	
OIL,SALAD	1 lbs	2 cup	
PEPPERS,GREEN,FRESH,CHOPPED	2-1/8 oz	1/4 cup 2-2/3 tbsp	2-5/8 oz
ONIONS,FRESH,GRATED	1-3/8 oz	1/4 cup 1/3 tbsp	1-5/8 oz
PARSLEY,FRESH,BUNCH,CHOPPED	3/4 oz	1/4 cup 2-1/3 tbsp	7/8 oz

- 1 Combine sugar, salt, dry mustard, and black and red pepper in mixer bowl. Add vinegar and water.
- 2 Using a wire whip, beat at medium speed about 2 minutes or until well blended.
- 3 Add salad oil or olive oil gradually while mixing at low speed 3 minutes.
- 4 Add onions, peppers, and parsley; mix at medium speed 1 minute or until well blended.
- 5 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.
- 6 Whip or stir well before using.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 056 00 QUICK FRUIT DRESSING

Yield 100 Portion 1 Tablespoon

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
16 cal	3 g	1 g	0 g	1 mg	8 mg	21 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
YOGURT,PLAIN,LOWFAT	2-3/8 lbs	1 qts 1/2 cup	
SUGAR,GRANULATED	4-3/8 oz	1/2 cup 2 tbsp	
JUICE,PINEAPPLE,CANNED,UNSWEETENED	1-5/8 lbs	2-7/8 cup	

- 1 Blend sugar into yogurt in mixer bowl at low speed.
- 2 Gradually add pineapple juice. Mix at low speed until just blended.
- 3 Cover and refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.
- 4 Stir well before using.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 057 00 ZERO SALAD DRESSING

Yield 100 Portion 2 Tablespoons

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
7 cal	2 g	0 g	0 g	0 mg	184 mg	4 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
JUICE,TOMATO,CANNED	6-1/8 lbs	2 qts 3-1/2 cup	
VINEGAR, DISTILLED	1-5/8 lbs	3 cup	
SALT	3/4 oz	1 tbsp	
ONIONS,FRESH,GRATED	3/4 oz	2 tbsp	3/4 oz
PEPPERS,GREEN,FRESH,GROUND	2/3 oz	2 tbsp	3/4 oz
CARROTS,FRESH,CHOPPED	12 oz	2-5/8 cup	14-5/8 oz
PARSLEY,FRESH,BUNCH,CHOPPED	1/4 oz	2 tbsp	1/4 oz

Method

- 1 Combine tomato juice, vinegar, salt, onions, peppers, carrots and parsley; blend well.
- 2 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.
- 3 Shake well before using.

Notes

1 In Step 2, 3 cups canned tomato juice concentrate mixed with 2-1/4 quarts water may be used for canned tomato juice per 1 gallon of dressing.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 058 00 FRENCH DRESSING

Yield 100 Portion 1 Tablespoon

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
41 cal	2 g	0 g	4 g	0 mg	113 mg	2 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
MUSTARD,DRY	5/8 oz	1 tbsp	
PAPRIKA,GROUND	1/4 oz	1 tbsp	
SALT	3/4 oz	1 tbsp	
SUGAR,GRANULATED	1-3/4 oz	1/4 cup 1/3 tbsp	
CATSUP	10-5/8 oz	1-1/4 cup	
ONIONS,FRESH,CHOPPED	3/4 oz	2 tbsp	3/4 oz
VINEGAR, DISTILLED	1 lbs	2 cup	
OIL,SALAD	13-1/2 oz	1-3/4 cup	

- 1 Combine mustard flour, paprika, salt, sugar, catsup, and onions in mixer bowl.
- 2 Using a wire whip, beat at medium speed about 2 minutes or until well blended.
- 3 Continue beating; slowly add vinegar and salad oil alternately.
- 4 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.
- 5 Shake or beat well before using.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 058 01 LOW CALORIE FRENCH DRESSING

Yield 100 Portion 2 Tablespoons

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
14 cal	3 g	0 g	0 g	0 mg	490 mg	4 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
MUSTARD,DRY	1-1/4 oz	3 tbsp	
PAPRIKA,GROUND	1/2 oz	2 tbsp	
SALT	3-3/4 oz	1/4 cup 2-1/3 tbsp	
SUGAR,GRANULATED	3-1/2 oz	1/2 cup	
CATSUP	1-1/3 lbs	2-1/2 cup	
ONIONS,FRESH,GRATED	1-3/8 oz	1/4 cup 1/3 tbsp	1-5/8 oz
VINEGAR, DISTILLED	2-1/8 lbs	1 qts	
WATER	2-5/8 lbs	1 qts 1 cup	

- 1 Combine mustard, paprika, salt, sugar, catsup, and onions in mixer bowl.
- 2 Using a wire whip, beat at medium speed about 2 minutes or until well blended.
- 3 Continue beating; slowly add vinegar and water alternately.
- 4 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.
- 5 Shake or beat well before using.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 059 00 BLUE CHEESE DRESSING

Yield 100 Portion 1 Tablespoon

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
19 cal	1 g	1 g	1 g	3 mg	47 mg	40 mg

<u>Ingredient</u>	Weight	Measure Issue
YOGURT,PLAIN,LOWFAT	3 lbs	1 qts 1-1/2 cup
VINEGAR, DISTILLED	1/2 oz	1 tbsp
MUSTARD,DRY	3/8 oz	1 tbsp
GARLIC POWDER	1/8 oz	1/4 tsp
ONION POWDER	1/8 oz	1/4 tsp
CHEESE,BLUE-VEINED	9-1/2 oz	2 cup

- 1 Place yogurt, vinegar, mustard flour, garlic powder, and onion powder in mixer bowl.
- 2 Using whip, mix at low speed 2 minutes until just blended.
- 3 Fold in cheese until just blended.
- 4 CCP: Cover; refrigerate product at 41 F. or lower until ready to serve.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 060 00 GARLIC FRENCH DRESSING

Yield 100 Portion 1 Tablespoon

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
40 cal	2 g	0 g	4 g	0 mg	53 mg	3 mg

<u>Ingredient</u>	Weight	Measure <u>Issue</u>
SUGAR,GRANULATED	3-1/2 oz	1/2 cup
GARLIC POWDER	1-1/4 oz	1/4 cup 1/3 tbsp
MUSTARD,DRY	7/8 oz	2-1/3 tbsp
ONION POWDER	1/2 oz	2 tbsp
PAPRIKA,GROUND	1/4 oz	1 tbsp
SALT	1/2 oz	3/8 tsp
PEPPER,RED,GROUND	<1/16th oz	<1/16th tsp
WATER	13-7/8 oz	1-5/8 cup
JUICE,LEMON	10-3/4 oz	1-1/4 cup
VINEGAR, DISTILLED	10-1/2 oz	1-1/4 cup
OIL,SALAD	12-7/8 oz	1-5/8 cup

- 1 Combine sugar, garlic powder, dry mustard, onion powder, paprika, salt, and red pepper in mixer bowl. Add water, lemon juice, and vinegar.
- 2 Using a wire whip, beat at medium speed about 2 minutes or until well blended.
- 3 Add salad oil or olive oil gradually while mixing at low speed 3 minutes.
- 4 Beat at medium speed 2 minutes or until well blended.
- 5 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 061 00 TANGY SALAD DRESSING

Yield 100 **Portion** 1 Tablespoon

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
41 cal	2 g	0 g	4 g	0 mg	167 mg	2 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
CATSUP	14-7/8 oz	1-3/4 cup	
MUSTARD,DRY	3/8 oz	1 tbsp	
SALT	1 oz	1 tbsp	
PEPPER,BLACK,GROUND	1/8 oz	1/4 tsp	
WORCESTERSHIRE SAUCE	2-1/8 oz	1/4 cup 1/3 tbsp	
VINEGAR, DISTILLED	14-5/8 oz	1-3/4 cup	
SUGAR,GRANULATED	3/4 oz	1 tbsp	
OIL,SALAD	13-1/2 oz	1-3/4 cup	
PARSLEY,FRESH,BUNCH,CHOPPED	1/4 oz	2 tbsp	1/4 oz
PEPPERS,GREEN,FRESH,CHOPPED	6-5/8 oz	1-1/4 cup	8 oz

- 1 Combine catsup, mustard, salt, pepper, vinegar, sugar, and Worcestershire sauce in mixer bowl. Beat at medium speed about 2 minutes or until blended.
- Add salad oil or olive oil while mixing at medium speed for 3 minutes or until well blended.
 Add parsley and peppers; mix at medium speed 1 minute or until blended.
- 4 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.
- 5 Whip or stir well before using.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 062 00 MEXICAN POTATO SALAD

Yield 100 Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
162 cal	20 g	3 g	8 g	0 mg	115 mg	28 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
POTATOES,FRESH,PEELED,CUBED	17-7/8 lbs	3 gal 1 qts	22-1/8 lbs
WATER	25-1/8 lbs	3 gal	
SALT	5/8 oz	1 tbsp	
VINEGAR,RED WINE	1 lbs	2 cup	
WATER	1 lbs	2 cup	
PEPPERS,JALAPENOS,CANNED,CHOPPED	5/8 oz	2 tbsp	
SUGAR,GRANULATED	1-3/4 oz	1/4 cup 1/3 tbsp	
PAPRIKA,GROUND	3/8 oz	1 tbsp	
PEPPER,BLACK,GROUND	3/8 oz	1 tbsp	
CUMIN,GROUND	1/4 oz	1 tbsp	
MUSTARD,DRY	3/4 oz	2 tbsp	
OIL,SALAD	1-3/4 lbs	3-3/4 cup	
BROCCOLI,FRESH,CHOPPED	6-1/4 lbs	2 gal <1/16th qts	10-1/4 lbs
WATER	8-1/3 lbs	1 gal	
TOMATOES,FRESH,SLICED	1-7/8 lbs	1 qts 3/4 cup	1-7/8 lbs
BEANS,KIDNEY,DARK RED,CANNED,DRAINED	1-1/2 lbs	1 qts	

Method

- 1 Cover potatoes with water, bring to a boil; add salt; reduce heat to a simmer; cover. Cook 10 minutes or until just tender.
- 2 Drain well. Cool slightly. Set aside for use in Step 7.
- 3 Combine vinegar, water, and jalapeno peppers in mixer bowl; mix well.
- 4 Combine sugar, mustard, paprika, pepper, and cumin; blend well; add to vinegar mixture.
- 5 Mix at medium speed 2 minutes using a wire whip.
- 6 Add salad oil or olive oil gradually while mixing at low speed 3 minutes; scrape down bowl. Mix at medium speed 2 minutes or until well blended.
- 7 Pour dressing over potatoes. Mix lightly but thoroughly. Cover; refrigerate for use in Step 9.
- 8 Cover broccoli with water; bring to a boil; reduce heat. Simmer 4 minutes or until just tender. Drain thoroughly.
- 9 Add broccoli, tomatoes and beans to potato mixture. Toss lightly but thoroughly. Cover; refrigerate at least 3 hours or until flavors are well blended. CCP: Hold for service at 41 F. or lower.

Notes

1 In Step 1, For 100 portions: 7-1/4 pounds frozen broccoli may be used. Add to boiling water. Cook 1 minute or until thoroughly heated.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 063 00 THOUSAND ISLAND DRESSING

Yield 100 Portion 1 Tablespoon

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
63 cal	3 g	0 g	6 g	10 mg	150 mg	1 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
EGG,HARD COOKED,CHOPPED	4-3/4 oz	1 cup	
ONIONS,FRESH,GRATED	1/3 oz	1 tbsp	3/8 oz
PIMIENTO,CANNED,DRAINED,CHOPPED	3-3/8 oz	1/2 cup	
PICKLE RELISH,SWEET,DRAINED	4-1/3 oz	1/2 cup	
CATSUP	10-5/8 oz	1-1/4 cup	
SALAD DRESSING,MAYONNAISE TYPE	2-1/2 lbs	1 qts 1 cup	
SALT	1/3 oz	1/4 tsp	

- 1 Combine eggs, onions, pimientos, relish, catsup, salad dressing, and salt; blend well.
- 2 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.
- 3 Stir well before using.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 064 00 CREAMY ITALIAN DRESSING

Yield 100 Portion 1 Tablespoon

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
69 cal	2 g	0 g	7 g	5 mg	82 mg	7 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
SALAD DRESSING,MAYONNAISE TYPE	3 lbs	1 qts 2 cup	
WATER	12-1/2 oz	1-1/2 cup	
VINEGAR, DISTILLED	6-1/4 oz	3/4 cup	
BASIL,SWEET,WHOLE,CRUSHED	3/8 oz	2-2/3 tbsp	
OREGANO,CRUSHED	7/8 oz	1/4 cup 1-2/3 tbsp	
GARLIC POWDER	1/8 oz	1/4 tsp	
ONION POWDER	5/8 oz	2-2/3 tbsp	
SUGAR, GRANULATED	1/8 oz	1/8 tsp	

- 1 Combine salad dressing, water, vinegar, basil, oregano, garlic, onion powder, and sugar in mixer bowl.
- 2 Beat at medium speed 3 to 5 minutes.
- 3 Cover; refrigerate at least 8 hours before serving. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES $\,N_0.M\,065\,00$ CREAMY HORSERADISH DRESSING

Yield 100 Portion 1 Tablespoon

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
59 cal	4 g	0 g	5 g	3 mg	103 mg	2 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
SALAD DRESSING,FRENCH,PREPARED,L/C	1-1/8 lbs	2 cup	
SALAD DRESSING,MAYONNAISE TYPE	2 lbs	1 qts	
HORSERADISH,PREPARED	8-1/2 oz	1 cup	
VINEGAR, DISTILLED	4-1/8 oz	1/2 cup	
SUGAR,GRANULATED	5-1/4 oz	3/4 cup	

- 1 Combine French Dressing, Salad Dressing, horseradish, vinegar, and sugar; blend well.
- 2 Cover; refrigerate at least 1 to 2 hours for flavors to blend. Keep refrigerated until ready to serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 066 00 LOW CALORIE TOMATO DRESSING

Yield 100 Portion 2 Tablespoons

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
26 cal	6 g	1 g	0 g	0 mg	196 mg	4 mg

<u>Ingredient</u>	Weight	Measure Issue
SOUP, CONDENSED, TOMATO	7-1/4 lbs	3 qts 1 cup
GARLIC POWDER	7/8 oz	3 tbsp
ONION POWDER	1/4 oz	1 tbsp
PEPPER,BLACK,GROUND	<1/16th oz	1/8 tsp
PICKLE RELISH,SWEET	6-1/2 oz	3/4 cup
VINEGAR, WHITE WINE	1-1/4 lbs	2-1/4 cup

- 1 Combine soup, garlic, onion powder, pepper, relish, and wine vinegar; blend well.
- 2 Cover; refrigerate until ready to serve. Stir well before using. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 067 00 **RUSSIAN DRESSING**

Yield 100 Portion 1 Tablespoon

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
72 cal	3 g	0 g	7 g	5 mg	106 mg	1 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
SAUCE,CHILI	13-1/3 oz	1-1/2 cup	
ONIONS,FRESH,GRATED	1/3 oz	1 tbsp	3/8 oz
PAPRIKA,GROUND	1/4 oz	1 tbsp	
PEPPER,BLACK,GROUND	1/8 oz	1/4 tsp	
PIMIENTO,CANNED,DRAINED,CHOPPED	1-2/3 oz	1/4 cup 1/3 tbsp	
SALAD DRESSING,MAYONNAISE TYPE	3 lbs	1 qts 2 cup	

- Combine chili sauce, onions, paprika, pepper, pimientos, and Salad Dressing; blend well.
 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.
- 3 Stir well before using.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 068 00 **SOUR CREAM DRESSING**

Yield 100 **Portion** 1 Tablespoon

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
39 cal	2 g	0 g	3 g	6 mg	89 mg	19 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
SOUR CREAM,LOW FAT	3 lbs	1 qts 2 cup	
SALAD DRESSING,MAYONNAISE TYPE	1 lbs	2 cup	
VINEGAR, DISTILLED	2-1/8 oz	1/4 cup 1/3 tbsp	
SALT	1/2 oz	3/8 tsp	

- 1 Carefully blend salad dressing into sour cream.
- Combine vinegar and salt. Add to sour cream mixture stirring carefully.
 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 068 01 BLUE CHEESE AND SOUR CREAM DRESSING

Yield 100 Portion 1 Tablespoon

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
54 cal	2 g	1 g	4 g	9 mg	146 mg	41 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
SOUR CREAM,LOW FAT	3 lbs	1 qts 2 cup	
SALAD DRESSING,MAYONNAISE TYPE	1 lbs	2 cup	
VINEGAR, DISTILLED	2-1/8 oz	1/4 cup 1/3 tbsp	
SALT	1/2 oz	3/8 tsp	
CHEESE, BLUE-VEINED	14-1/4 oz	3 cup	

- 1 Carefully blend salad dressing into sour cream.
- 2 Combine vinegar, crumbled blue-veined cheese, and salt. Add to sour cream mixture stirring carefully. Stir with wire whip until blended.
- 3 Cover; refrigerate at least 2 hours before serving. Keep refrigerated until ready to serve. CCP: Hold for service at 41 F. or lower.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 069 00 VINEGAR AND OIL DRESSING

Yield 100 Portion 1 Tablespoon

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
40 cal	0 g	0 g	4 g	0 mg	117 mg	1 mg

<u>Ingredient</u>	Weight	Measure <u>Issue</u>
VINEGAR, DISTILLED	1-1/8 lbs	2-1/4 cup
WATER	1-1/8 lbs	2-1/4 cup
SALT	1 oz	1 tbsp
GARLIC POWDER	1/4 oz	1/3 tsp
PEPPER,BLACK,GROUND	1/8 oz	1/4 tsp
OREGANO, CRUSHED	1/8 oz	1 tbsp
OIL,SALAD	1 lbs	2 cup

- 1 Combine vinegar, water, salt, garlic powder, pepper, and oregano in mixer bowl.
- 2 Using a wire whip, beat at medium speed about 2 minutes or until well blended.
- 3 Add salad oil or olive oil gradually while mixing at low speed 3 minutes.
- 4 Mix at medium speed 1 minute or until well blended.
- 5 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.
- 6 Whip or stir well before using.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 070 00 ZESTY ROTINI PASTA SALAD

Yield 100 Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
106 cal	18 g	4 g	2 g	1 mg	382 mg	37 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
WATER	20-7/8 lbs	2 gal 2 qts	
SALT	5/8 oz	1 tbsp	
OIL,OLIVE	1/2 oz	1 tbsp	
MACARONI NOODLES,ROTINI,DRY	4-3/8 lbs	1 gal 3/4 qts	
SALAD DRESSING,ITALIAN,DIET	3-3/8 lbs	1 qts 2 cup	
CHEESE,PARMESAN,GRATED	5-1/4 oz	1-1/2 cup	
SESAME SEEDS	2-1/2 oz	1/2 cup	
POPPY SEEDS	7/8 oz	3 tbsp	
PAPRIKA,GROUND	1 oz	1/4 cup 1/3 tbsp	
TOMATOES,FRESH,CHOPPED	3-1/2 lbs	2 qts 3/4 cup	3-5/8 lbs
CUCUMBER,FRESH,CHOPPED	3-1/2 lbs	3 qts 1-3/8 cup	4-1/8 lbs
PEPPERS,GREEN,FRESH,CHOPPED	2 lbs	1 qts 2-1/8 cup	2-1/2 lbs
ONIONS,FRESH,CHOPPED	1-1/2 lbs	1 qts 1/4 cup	1-2/3 lbs

- 1 Add salt and salad oil or olive oil to water; heat to a rolling boil.
- 2 Add rotini slowly while stirring constantly, until water boils again. Cook about 10 to 12 minutes or until tender; stir occasionally. DO NOT OVER COOK.
- 3 Drain. Rinse with cold water.
- 4 Combine dressing with cheese, sesame seeds, poppy seeds, and paprika. Add to rotini. Toss lightly.
- 5 Add tomatoes, cucumbers, peppers, and onions. Toss lightly. Cover and refrigerate at least 3 hours or until flavors are blended. Keep refrigerated until ready to serve.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 071 00 SALSA PASTA SALAD

Yield 100 Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
98 cal	19 g	4 g	1 g	0 mg	221 mg	18 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
WATER	20-7/8 lbs	2 gal 2 qts	
SALT	5/8 oz	1 tbsp	
OIL,SALAD	1/2 oz	1 tbsp	
MACARONI NOODLES,ROTINI,DRY	3-1/8 lbs	3 qts 1-1/2 cup	
TOMATOES,FRESH,CHOPPED	4 lbs	2 qts 2 cup	4 lbs
ONIONS,FRESH,CHOPPED	4-1/4 oz	3/4 cup	4-2/3 oz
PEPPERS,JALAPENOS,CANNED,CHOPPED	2-3/8 oz	1/2 cup	
SALT	5/8 oz	1 tbsp	
SUGAR,GRANULATED	1/2 oz	1 tbsp	
CARROTS,FROZEN,SLICED	1-2/3 lbs	1 qts 2 cup	
WATER,BOILING	3-1/8 lbs	1 qts 2 cup	
PEAS,GREEN,FROZEN	2-1/4 lbs	1 qts 3 cup	
CORN,FROZEN,WHOLE KERNEL	2-1/2 lbs	1 qts 3 cup	
WATER,BOILING	1 lbs	2 cup	
CHICKPEAS	2-2/3 lbs	1 qts 1 cup	
OLIVES,RIPE,PITTED,SLICED,INCL LIQUIDS	9-1/2 oz	2 cup	

Method

- 1 Add salt and oil to water; heat to rolling boil. Slowly add rotini while stirring constantly until water boils again. Cook 10 to 12 minutes. DO NOT OVERCOOK. Drain, rinse with cold water; drain thoroughly.
- 2 Combine tomatoes, onions, peppers, salt, and sugar; mix well.
- 3 Add tomato mixture to rotini. Toss lightly but thoroughly.
- 4 Refrigerate for use in Step 8.
- 5 Add carrots to boiling water. Return to a boil; reduce heat; cover; simmer 8 to 10 minutes or until just tender.
- 6 Drain; set aside for use in Step 8.
- 7 Add peas and corn to water. Bring to a boil; reduce heat; cover; simmer 4 minutes. Drain.
- 8 Add chick peas, olives, carrots, peas, and corn to rotini mixture. Toss lightly. Cover; refrigerate at least 3 hours or until flavors are well blended. Keep refrigerated until ready to serve. CCP: Hold for service at 41 F. or lower.

Notes

1 In Step 2, 2-3/4 quarts prepared salsa may be used.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 072 00 CONFETTI RICE SALAD

Yield 100 Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
97 cal	18 g	2 g	2 g	2 mg	250 mg	44 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
RICE,LONG GRAIN	3-3/4 lbs	2 qts 1-3/8 cup	
WATER,COLD	10-1/2 lbs	1 gal 1 qts	
SALT	7/8 oz	1 tbsp	
YOGURT,PLAIN,LOWFAT	3-1/4 lbs	1 qts 2 cup	
SALAD DRESSING,MAYONNAISE TYPE	10-1/2 oz	1-3/8 cup	
VINEGAR, DISTILLED	2-1/8 oz	1/4 cup 1/3 tbsp	
SALT	1 oz	1 tbsp	
PARSLEY,FRESH,BUNCH,CHOPPED	1/2 oz	1/4 cup	1/2 oz
GARLIC POWDER	1/4 oz	1/3 tsp	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
TOMATOES,FRESH,CHOPPED	3 lbs	1 qts 3-1/2 cup	3 lbs
CELERY,FRESH,CHOPPED	2 lbs	1 qts 3-1/2 cup	2-3/4 lbs
PIMIENTO, CANNED, DRAINED, CHOPPED	1 lbs	2-1/4 cup	
PEPPERS,GREEN,FRESH,CHOPPED	1-1/2 lbs	1 qts 1/2 cup	1-7/8 lbs
ONIONS,FRESH,CHOPPED	8 oz	1-3/8 cup	8-7/8 oz

Method

- 1 Combine rice, water, and salt; bring to a boil. Stir occasionally. Cover tightly; simmer 20 to 25 minutes. DO NOT STIR.
- 2 Remove from heat; transfer to shallow serving pans. Cover, refrigerate for 1 hour.
- 3 Combine yogurt, salad dressing, vinegar, salt, parsley, garlic powder, and pepper; mix thoroughly. Combine with chilled rice.
- 4 Add tomatoes, celery, pimientos, peppers, and onions. Mix lightly.
- 5 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

Notes

1 In Step 5, rice salad may be served on lettuce. Use 4 pounds fresh lettuce, trimmed and cored for 100 portions.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 072 01 CREAMY CUCUMBER RICE SALAD

Yield 100 Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
105 cal	18 g	3 g	2 g	3 mg	260 mg	75 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
RICE,LONG GRAIN	3-3/4 lbs	2 qts 1-3/8 cup	
WATER,COLD	10-1/2 lbs	1 gal 1 qts	
SALT	7/8 oz	1 tbsp	
YOGURT,PLAIN,LOWFAT	6-1/2 lbs	3 qts	
CUCUMBER,FRESH,CHOPPED	12-5/8 oz	3 cup	15 oz
SALAD DRESSING,MAYONNAISE TYPE	10-1/2 oz	1-3/8 cup	
SALT	1 oz	1 tbsp	
DILL WEED,DRIED	1/2 oz	1/4 cup 2/3 tbsp	
GARLIC POWDER	1/4 oz	1/3 tsp	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
CUCUMBER,FRESH,SLICED	2-1/2 lbs	2 qts 1/2 cup	3 lbs
CELERY,FRESH,CHOPPED	2 lbs	1 qts 3-1/2 cup	2-3/4 lbs
PIMIENTO,CANNED,DRAINED,CHOPPED	1 lbs	2-1/4 cup	
PEPPERS,GREEN,FRESH,CHOPPED	1-1/2 lbs	1 qts 1/2 cup	1-7/8 lbs
ONIONS,FRESH,CHOPPED	8 oz	1-3/8 cup	8-7/8 oz

Method

- 1 Combine rice, water, and salt; bring to a boil. Stir occasionally. Cover tightly; simmer 20 to 25 minutes. DO NOT STIR.
- 2 Remove from heat; transfer to shallow serving pans. Cover, refrigerate for 1 hour.
- 3 Combine yogurt, cucumbers, dressing, dill weed, garlic powder, and black pepper; mix thoroughly. Combine with chilled rice.
- 4 Add celery, pimientos, peppers, and onions. Mix lightly.
- 5 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

Notes

1 In Step 5, rice salad may be served on lettuce. Use 4 pounds fresh lettuce, trimmed and cored for 100 portions.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 073 00 KIWI FRUIT SALAD

Yield 100 Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
106 cal	25 g	2 g	1 g	1 mg	22 mg	79 mg

<u>Ingredient</u>	Weight	Measure	Issue
YOGURT,PLAIN,LOWFAT	5-3/8 lbs	2 qts 2 cup	
SUGAR,GRANULATED	1-1/2 lbs	3-1/2 cup	
JUICE,LIME	1-1/4 lbs	2-1/2 cup	
NUTMEG,GROUND	1/4 oz	3/8 tsp	
GINGER,GROUND	1/8 oz	3/8 tsp	
APPLES,FRESH,MEDIUM,UNPEELED,DICED	7-1/4 lbs	1 gal 2-5/8 qts	8-1/2 lbs
KIWIFRUIT,FRESH,CHOPPED	7-1/4 lbs	1 gal 5/8 qts	8-3/8 lbs
ORANGE,FRESH,SLICED	3-7/8 lbs	2 qts 1-3/4 cup	5-1/3 lbs
PINEAPPLE, CANNED, CHUNKS, JUICE PACK, DRAINED	4 lbs	2 qts 1 cup	
LETTUCE,LEAF,FRESH,HEAD	4 lbs		6-1/4 lbs

- 1 Combine yogurt, sugar, lime juice, nutmeg, and ginger in mixer bowl. Blend at medium speed until smooth, about 2 minutes.
- 2 Combine apples, kiwi fruit, oranges, and pineapple. Mix lightly.
- 3 Place 1 lettuce leaf on each serving dish. Place 1/2 cup fruit mixture on lettuce. CCP: Cover; refrigerate product at 41 F. or lower.
- 4 Serve each portion with 1 ounce of dressing.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 074 00 MARINATED BLACK BEAN SALAD

Yield 100 Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
179 cal	36 g	10 g	1 g	0 mg	149 mg	53 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
BEANS,BLACK,CANNED,DRAINED	18-5/8 lbs	2 gal 1/4 qts	
CORN,FROZEN,WHOLE KERNEL	11 lbs	1 gal 3-5/8 qts	
TOMATOES,CANNED,DICED,DRAINED	6-5/8 lbs	3 qts	
PEPPERS,GREEN,FRESH,CHOPPED	2-1/4 lbs	1 qts 2-7/8 cup	2-3/4 lbs
PEPPERS,RED FRESH,DICED	2-1/4 lbs	1 qts 2-7/8 cup	2-3/4 lbs
ONIONS,RED,FRESH,CHOPPED	1-1/4 lbs	3-1/2 cup	1-3/8 lbs
JUICE,LEMON	12-7/8 oz	1-1/2 cup	
PEPPERS,JALAPENOS,CANNED,CHOPPED	7-1/4 oz	1-1/2 cup	
CILANTRO,FRESH,DICED	2 oz	1-1/4 cup	2-1/8 oz
CUMIN,GROUND	1/2 oz	2-2/3 tbsp	
SUGAR,GRANULATED	3/4 oz	1 tbsp	
SALT	5/8 oz	1 tbsp	
GARLIC POWDER	5/8 oz	2 tbsp	
LETTUCE,LEAF,FRESH,HEAD	4 lbs		6-1/4 lbs

Method

- 1 Combine beans, corn, tomatoes, green peppers, red peppers, onions, lemon juice, jalapeno peppers, cilantro, cumin, sugar, salt, and garlic powder. Mix well to thoroughly combine all ingredients.
- 2 CCP: Cover; refrigerate product at 41 F. or lower.
- 3 Place lettuce leaf in serving dish. Top with 3/4 cup salad. CCP: Refrigerate product at 41 F. or lower.

Notes

- 1 In Step 1, 7 pounds dry black beans and 3 gallons water may be used. Follow Steps 1 through 5 of Recipe No. Q 030 00, Boston Baked Beans.
- 2 In Step 1, 1/4 ounce or 6-2/3 tablespoons dry cilantro may be used.

SALADS, SALAD DRESSINGS, AND RELISHES No.M 504 00 BROCCOLI SALAD

Yield 100 Portion 1/2 Cup

	Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
I	266 cal	33 g	4 g	15 g	6 mg	129 mg	51 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
BROCCOLI,FRESH,BUNCH	13-1/2 lbs		22-1/8 lbs
SALAD DRESSING,MAYONNAISE TYPE	4 lbs	2 qts	
SUGAR,GRANULATED	1-3/4 lbs	1 qts	
VINEGAR, DISTILLED	4-1/8 oz	1/2 cup	
MILK,NONFAT,DRY	1/4 oz	1 tbsp	
WATER	4-1/8 oz	1/2 cup	
RAISINS	4-3/4 lbs	3 qts 3 cup	
WALNUTS, SHELLED, HALVES AND PIECES	2-1/8 lbs	2 qts	
ONIONS,FRESH,CHOPPED	11-1/4 oz	2 cup	12-1/2 oz

- 1 Cut broccoli heads into florets. Dice stems.
- 2 Reconstitute milk. Combine fat free salad dressing, sugar, vinegar, and milk. Mix well. Add to broccoli.
- 3 Add raisins, walnuts (optional), and onions to broccoli mixture. Stir to coat all pieces with dressing.
- 4 CCP: Refrigerate product at 41F. or lower. Hold for service at 41 F. or lower.