

Mixed Greens Salad

Vegetable

HACCP Process Category 1

Iowa Gold Star Recipe

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Mixed greens	7 lb 8 oz				<ol style="list-style-type: none"> 1. Cut or tear chilled greens into bite sizes pieces (approximately 1”). 2. Combine greens in large chilled bowls. 3. Toss lightly, cover, and refrigerate. <p style="color: red;">CCP: Hold at or below 41°F before and during service.</p> <ol style="list-style-type: none"> 4. Toss chilled contrasting color vegetables (except tomato wedges) with greens before adding dressing; add tomato wedges just as salad is served. Or Portion salad into chilled bowls: add salad dressing just before serving (1 oz.).
Romaine	5 lb				
Spinach	3 lb 2 oz				
For variety and color contrast, one or more of the following may be added, substituting for an equal volume of greens*: <ul style="list-style-type: none"> • Radishes, sliced • Cabbage, red, shredded • Carrots, coarsely shredded • Green pepper, diced or strips • Tomato wedges 	*1 lb of selected vegetable substituted for 1 lb lettuce				
Salad dressing*		3 qt ½ cup			

Serving Size	1 Serving Provides	Yield
2 ½ oz greens (weight will vary depending on choice of vegetables)	1 c of vegetables.	100 servings

Nutrients Per Serving*

Calories	75	Vitamin A	4690 IU	Iron	0.87 mg
Protein	2.4 g	Vitamin C	14.5 mg	Calcium	34.9 mg
Carbohydrate	7 g	Dietary Fiber	1.2 g	Cholesterol	0 mg
Fat	6.7 g	% Fat	80 %	Sodium	30 mg
Saturated Fat	0.9 g	% Saturated Fat	11 %		

*Nutrient analysis depends on specific salad dressing used for recipe.