

Spinach Salad with Grape Tomatoes

Fruit/Vegetable

HACCP Process Category 1

Iowa Gold Star Recipe

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Lettuce, washed, dried, chopped	8 lb	3 gal 2 qt			<ol style="list-style-type: none"> Cut chilled greens into bite sized pieces (approximately 1"). Combine greens, toss lightly, refrigerate. <p style="color: red;">CCP: Hold at or below 41°F before and during service.</p> <ol style="list-style-type: none"> To serve: Top 2 oz greens with ¼ oz mozzarella cheese and 2 grape or cherry tomatoes. Drizzle ½ oz dressing over each salad. <p>Notes:</p> <ul style="list-style-type: none"> Lettuce – 13 lb food as purchased Spinach – 8 lb 8 oz food as purchased
Spinach, washed, dried, chopped	4 lb 8 oz	3 gal 2 ½ qt			
Mozzarella cheese, part skim, shredded	1 lb 9 oz				
Tomatoes, grape or cherry		200 each			
Italian salad dressing or other USDA salad dressing is recommended		3 qt ½ cup			

Serving Size	1 Serving Provides	Yield
2 oz greens w/ ¼ oz mozzarella cheese and 2 grape or cherry tomatoes	¼ oz equivalent meat/meat alternate, 1 c of vegetables.	100 servings

Nutrients Per Serving

Calories	93	Vitamin A	4886 IU	Iron	1.06 mg
Protein	3.5 g	Vitamin C	16.6 mg	Calcium	91 mg
Carbohydrate	4 g	Dietary Fiber	1.4 g	Cholesterol	2 mg
Fat	7.4 g	% Fat	71 %	Sodium	80 mg
Saturated Fat	1.6 g	% Saturated Fat	15 %		
