

Build a Healthy Salad Bar



Recipes

A Lesson for School Food Service Employees

July 2012

*** Build a Healthy Salad Bar ***
Recipe Booklet
Table of Contents

Fruit Pico de Gallo.....Page 1

Broccoli SaladPage 2

Black Bean & Corn SalsaPage 3

Green & Gold Salad BowlPage 4

TaboulehPage 5

Special Instructions for Tabouleh LabPage 6

Fruit Pico de Gallo

Salad **Recipe Source: Gervais School District, Gervais, Oregon**

Ingredients	25 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Cantaloupe, fresh, 15 count	10 oz	¼ each	2 ½ lbs	1 each	1. Thoroughly wash the cantaloupe. Peel and dice into chunk size pieces. 2. Combine strawberries, mango and pineapple with the cantaloupe.
Strawberries, frozen, unsweetened	8 oz	1 ¼ cups	2 lbs	5 cups	
Mango, frozen, unsweetened	6 oz	¾ cup	1 ½ lbs	3 cups	
Pineapple, canned, tidbits packed in juice or light syrup	28 oz	3 cups	106 oz (1 #10 can)	12 cups	
Pico de Gallo: ¾ cup Tomato, diced 1/8 cup Red Onion, diced 1 tsp Jalapeno, diced 1 tsp Cilantro, dried 1 tsp Lime Juice		1 Tbsp		¼ cup	3. In a separate bowl combine all ingredients for Pico de Gallo. Toss with mixed fruit.
Lime Juice		3 Tbsp		¾ cup	4. Put mixture into shallow pan (12"x20"x2 ½"). 5. Sprinkle lime juice over fruit. 6. CCP: Cool to 41°F or lower within 4 hours. Cover. Refrigerate until service.

Serving Size: ¼ cup (No. 16 scoop)

1 serving provides: 1/4 cup fruit

Yield: 100 Servings: 13 lbs

Nutrients Per Serving

Calories	30	Vitamin A	455.2 IU	Iron	.19 mg
Protein	.31 gm	Vitamin C	13.27 mg	Calcium	7.73 mg
Carbohydrate	7.85 gm	Fiber	.67 gm	Cholesterol	0 mg
Fat	.08 gm	% Fat	2.27 %	Sodium	3 mg
Saturated Fat	.01 gm	% Saturated Fat	.38 %		

Broccoli Salad

Vegetable/Fruit

Recipe Source: Todd
County School District

Ingredients	25 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Reduced Calorie Salad Dressing Sugar Vinegar, white or apple cider		2 cups 1/4 cup 1/4 cup		2 qt 1 cup 1 cup	1. For dressing: combine salad dressing, sugar and vinegar. Mix well.
Fresh Broccoli, florets	1 lb 12 oz	3 qts	7 lbs	3 gal	2. Cut broccoli into bite-sized pieces. Add dressing. (Note: May substitute frozen broccoli florets that has been thawed and drained for fresh broccoli)
Raisins Fresh Red Onions, finely diced Bacon Bits Sunflower Seeds, hulled, unsalted	1 lb 3 oz EP (4 oz AP)	3 1/8 cups 1/2 cup 1 T 1 T	4 lbs 12 oz EP (14 oz AP)	3 1/2 qt 2 cups 1/4 cup 1/4 cup	3. Add raisins, walnuts (optional), and onions (optional) to broccoli mixture. Stir to coat all pieces with dressing. Spread 4 lbs 9 oz into shallow pan (12"x20"x2 1/2 ") to a product depth of 2" or less. For 25 servings, use 1 pan. For 100 servings use 4 pans. 4. Sprinkle bacon bits and sunflower seeds over salad. 5. CCP: Cool to 41°F or lower within 4 hours. 6. Cover refrigerate until service. 7. Portion with No. 8 scoop (1/2 cup).

EP: Edible Portion AP: As Purchased

Serving Size: 1/2 cup (No. 8 scoop)

1 serving provides: 1/2 cup vegetable (dark green)

Yield: 100 Servings: 18 lb 4 oz

Nutrients Per Serving

Calories	101	Vitamin A	503 IU	Iron	0.82 mg
Protein	1.76 gm	Vitamin C	30.3 mg	Calcium	29 mg
Carbohydrate	31.05 gm	Fiber	1.99 gm	Cholesterol	1 mg
Fat	2.8 gm	% Fat	24.9%	Sodium	187 mg
Saturated Fat	0.078 gm	% Saturated Fat	.06 %		

Black Bean & Corn Salsa

Fruits & Vegetables

Recipe Source: Kansas Menus

Ingredients	25 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Black Beans, canned, drained and rinsed		3 (15 ½ oz) cans (4 ¼ cups)		1 ¹ / ₃ # 10 can	1. Drain black beans for 2 minutes, rinse with water for 10 seconds and drain another 2 minutes. 2. Combine drained beans, corn, diced peppers and diced onions.
Corn, frozen, thawed	16 oz	2 ¾ cups	4 lbs	2 ¾ qts	
Green Pepper, fresh, AP	3 oz	½ cup	12 oz	2 cups	
Red Pepper, fresh, AP	3 oz	½ cup	12 oz	2 cups	
Red Onions, fresh, AP	2 oz	¼ cup	8 oz	1 cup	
Lemon Juice		2 Tbsp		½ cup	3. Mix remaining ingredients to make the dressing. 4. Pour dressing over the salad and toss lightly to combine 5. CCP: Cool to 41°F or lower within 4 hours. 6. Cover. Chill 2 hours before serving. 7. Serve ¼ cup servings with a 2 oz spoodle.
Parsley, dried		1 ½ tsp		2 Tbsp	
Cumin, ground		¾ tsp		1 Tbsp	
Garlic Powder		½ tsp		2 tsp	
Picante Sauce		¾ cup + 2 Tbsp		3 ¹ / ₂ cups	
Vegetable Oil, canola or olive preferred		1 Tbsp		¼ cup	

Serving Size: 1/4 cup

1 serving provides: 1/4 cup vegetable (1/8 cup legume, starchy and other)

Yield: 100 servings: 6 ¼ qts

Nutrients Per Serving

Calories	81	Vitamin A	214 IU	Iron	0.70 mg
Protein	2.53 gm	Vitamin C	10.98 mg	Calcium	14.16 mg
Carbohydrate	8.74 gm	Fiber	1.94 gm	Cholesterol	0 mg
Fat	0.82 gm	% Fat	9.09 %	Sodium	90 mg
Saturated Fat	0.13 gm	% Saturated Fat	1.47 %		

Green & Gold Salad Bowl

Recipe Source: Ventura Unified School District, California

Vegetable/Fruit Ingredients	25 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Mixed Salad Greens, (equal amounts of Iceberg and Romaine with shredded Carrots and Red Cabbage)	1 lb	6 3/8 cups	4 lbs	2 gal 3/4 cups	1. Wash and dry salad greens.
Oranges OR Mandarin Oranges		6 each OR 2 1/2 cups (2-11 oz cans)		24 each OR 10 cups (88 oz = 8-11 oz cans)	2. Peel and cut oranges into half cartwheels or use drained mandarin oranges.
Sugar Snap Peas	1 lb	2 1/2 cups	4 lbs	10 cups	3. Combine greens, oranges, sugar snap pea, broccoli and sunflower seeds.
Broccoli, florets Sunflower Seeds, hulled, unsalted	8 oz	3 1/2 cups 3/4 cup	2 lbs	3 qt 2 cups 3 cups	
Fat Free Asian Salad Dressing: White Vinegar Corn Syrup Soy Sauce, low sodium Ground Ginger		2/3 cup 2/3 cup 1/3 cup 1 1/2 tsp		2 2/3 cups 2 2/3 cup 1 1/3 cups 2 T	4. Mix vinegar, corn syrup, low sodium soy sauce and ginger to make dressing. 5. Toss salad with salad dressing right before serving. CCP: Hold for cold service at 41°F or colder.

Serving Size: 1/2 cup

1 serving provides 1/2 cup vegetable (1/4 c dark green, starchy and other) **Yield:** 25 servings: 18 lbs

Nutrients Per Serving

Calories	118	Vitamin A	682.8 IU	Iron	.28 mg
Protein	1.67 gm	Vitamin C	24.35 mg	Calcium	24.07 mg
Carbohydrate	10.32 gm	Fiber	1.59 gm	Cholesterol	0 mg
Fat	2.1 gm	% Fat	%	Sodium	88 mg
Saturated Fat	.23 gm	% Saturated Fat	%		

Tabouleh (tah-BUHL-lee)

Salads

Recipe Source: USDA E-23

Ingredients	25 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water No. 3 bulgur	1 lb 11 oz	5 ¼ c 1 qt 1¼ c	6 lb 12 oz	1 gal 1 ¼ qt 1 gal 1 ¼ qt	1. Bring water to boiling. 2. In a large bowl combine bulgur and boiling water. Let stand for 30 minutes or until water is absorbed. Do not drain.
Fresh tomatoes, unpeeled, diced Fresh cucumbers, peeled, seeded, diced Fresh parsley, chopped Fresh onions, diced Fresh mint, chopped OR Dried mint Ground cumin (optional)	2 lbs 7 oz 1 lb 4 oz 1 ½ oz 6 oz	1 qt 1 ¼ c 3 3/8 c ¾ c 1 cup 2 T OR ½ tsp ¼ tsp	9 lb 12 oz 5 lb 6 oz 1 lb 8 oz	1 gal 1 ¼ qt 3 qt 1 ½ cups 3 cups 1 qt ½ cup OR 2 tsp 1 tsp	
Lemon Juice Vegetable oil, olive or canola preferred		2/3 c ¼ c		2 2/3 cup 1 cup	3. Add tomatoes, cucumbers, parsley, onions, mint and cumin (optional) to the bulgur. 4. Add lemon juice and vegetable oil to salad mixture and toss to combine ingredients. Spread 5 lb 13 oz (about 3 qt 2/3 c into each shallow pan (12" x 20" x 2 ½ "). For 25 servings use one pan. For 100 servings use 6 pans. 5. CCP: Cool to 41°F or lower within 4 hours. 6. Refrigerate until ready to serve. 7. Portion with 6 oz ladle (3/4 c)

Serving Size: ¾ cup (6 oz ladle) provides ⅔ cup of vegetable (1/8 cup red/orange and other) and ¼ serving of whole grain.

Yield: 100 Servings: about 35 lbs

Volume: 100 Servings: 4 gallons 3 qts

NOTE: You may add some salt (up to 1 ½ t for 25 and 2 T for 100 servings) to taste before servings if needed.

Nutrients Per Serving

Calories	141	Vitamin A	391 IU	Iron	1.13 mg
Protein	4.43 gm	Vitamin C	13.4 mg	Calcium	292 mg
Carbohydrate	26.96 gm	Fiber	6.5 gm	Cholesterol	0 mg
Fat	2.81 gm	% Fat	18 %	*Sodium	143 mg

Special Directions for Tabouleh Lab

Boil 5 ¼ cup water.

Divide in half (2 2/3 cups each). Add ¾ teaspoon salt to one half of water. Do not salt other half of water.

Add 2 2/3 cups bulgur to each 2 2/3 cup boiling water.

Let stand for 30 minutes or until water is absorbed. Do not drain.

Combine vegetables and herbs (see Step 3 in directions). Divide in half.

Combine half of vegetable mixture with each bulgur mixture.

Make dressing. Divide in half. Combine half of dressing with each salad.

You may add salt (up to ¾ teaspoon) to salad that was made with unsalted bulgur. You do not necessarily need to add any salt.

*If you add salt to boiling water or salt the salad at the end (up to 1 ½ t for 25 and 2 T for 100 servings), the sodium content is 143 mg. If you do not add salt to boiling water and salt less than 1 ½ t for 25 and 2 T for 100 servings, sodium content is less.