

Marinated Mushroom Salad

Federal Way School District

Recipe Category: Vegetables

Ingredients	50 Servings		100 Servings		_____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Mushrooms, fresh	13 $\frac{1}{8}$ lb		26 $\frac{1}{4}$ lb				<ol style="list-style-type: none"> In a steamer or steam jacketed kettle, cook the mushrooms for 3 – 5 minutes or until just softened. Chill and reserve. Prepare the Italian dressing according to the directions on the package. Mix the seasoning, vinegar and water together. Slowly drizzle the oil into the seasoning mix while whisking constantly. Reserve. Combine the peppers and onions with the mushrooms and the vinaigrette. Cover and chill for 24 hours. <p>*Precision Foods dry Italian dressing mix was used for the nutrient analysis.</p>
*Dressing Mix, Italian (6 $\frac{1}{2}$ oz.pkg)		$\frac{1}{3}$ pkg.		$\frac{1}{2}$ pkg.			
Water		1 $\frac{1}{4}$ cup		2 $\frac{5}{8}$ cups			
Vinegar, distilled white, 100 grain		$\frac{5}{8}$ cup		1 $\frac{1}{4}$ cup			
Oil, vegetable		2 $\frac{1}{2}$ cups		5 cup			
Peppers, sweet green, raw, chopped		1 $\frac{1}{4}$ cup		2 $\frac{1}{2}$ cups			
Onions, raw, chopped		1 $\frac{1}{4}$ cup		2 $\frac{1}{2}$ cups			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
$\frac{1}{2}$ cup	50 servings	

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
		$\frac{1}{2}$ cup (other)	

Nutrient Analysis		
Calories: 125	Saturated Fat: 1.73 grams	Sodium: 146.73 mg.