

Title: Strawberry Spinach Salad



Recipe Code No:

Category: Lunch Entrée

Cooking Process: #1 No Cook

80 Servings			Directions
Ingredients	Weight	Measure	
Chicken, grilled, strips	10 lb		<ol style="list-style-type: none"> 1. Thaw chicken strips in refrigerator. CCP: Hold at or below 41°F. 2. Wash strawberries under running water. Drain well in colander. Remove calyx (green top) using a tomato scoop. Cut strawberries into quarters. 3. Prepare vinaigrette. Combine 3 cups (14 oz) of quartered strawberries, balsamic vinegar, lemon juice, honey, basil, salt, pepper and garlic in a blender. Slowly add the olive oil while the blender is running until combined. Alternatively, blend dressing in a container or bowl using an immersion blender. Fill 80 – 2 oz portion cups with 1 ½ fluid oz (3 Tbsp) of dressing. Cover with lid and set aside in refrigerator. CCP: No bare hand contact with ready to eat food. CCP: Hold at or below 41°F. 4. If not pre-washed, rinse spinach under running water and drain well. A commercial salad spinner is recommended for best quality. Chop spinach into bite size pieces. Set aside. CCP: No bare hand contact with ready to eat food. CCP: Hold at or below 41°F.
Strawberries, fresh	8 lb 12 oz		
Vinegar, balsamic		1 qt	
Lemon juice		½ cup + 2 Tbsp	
Honey		½ cup	
Basil, dried		1 ½ tsp	
Salt		1 ½ tsp	
Black pepper		1 ¼ tsp	

Garlic, granulated		1 tsp	<p>5. Wash mushrooms under running water. Do not soak in water. Drain well in a colander. Cut into ¼” slices. Set aside. CCP: No bare hand contact with ready to eat food. CCP: Hold at or below 41°F.</p> <p>6. Fill a salad container with 3 cups (2.1 oz) of chopped spinach. <i>Note: Yield test was used to determine amount of spinach.</i> Arrange salad toppings in vertical stripes from right to left as follows: 2 oz chicken strips (or 2 oz eq Meat/Meat Alternate) .5 oz sunflower seeds – 2 Tbsp (no. 30 disher) ¼ cup quartered strawberries ¼ cup sliced mushrooms (~7 slices) .5 oz cheese (using 1 oz spoodle, portion cheese in a separate compartment or portion cup. Note: May substitute crumbled feta cheese.* CCP: No bare hand contact with ready to eat food. CCP: Hold at or below 41°F.</p> <p>7. Serve 1 salad with dressing along with a 2 oz eq WGR grain of choice – roll, breadstick, or crackers recommended. CCP: Hold at or below 41°F.</p>
Oil, olive or olive/canola blend		2 qt + 1 ½ cups	
Spinach, fresh, partly trimmed, chopped	10 lb 8 oz		
Mushrooms, fresh, button, whole	4 lb 4 oz		
Cheese, mozzarella, shredded	2 lb 8 oz		
Sunflower seeds	2 lb 8 oz		

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Meal Components: 2 oz Meat/Meat Alternate, 2 oz eq WGR Grain, 1 ½ cup Dark Green Vegetable, ¼ cup Other Vegetable, and ¼ cup Fruit

Notes:

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Food as Purchased for	80 Servings
Spinach, fresh, partly trimmed	12 lb

Serving

1 serving provides 2 oz Meat/Meat Alternate, 1 ½ cups Dark Green Vegetable, ¼ cup Other Vegetable, ¼ cup Fruit, and 2 oz WGR Grain (when appropriate grain is added to the recipe).

Serving Size	1 Serving Provides	Yield
K-8: 1 salad 9-AD: 1 salad	K-8: 2 oz Meat/Meat Alternate, 2 oz eq WGR Grain (must be added), 1 ½ cups Dark Green Vegetable, ¼ cup Other Vegetable, and ¼ cup Fruit. 9-AD: 2 oz Meat/Meat Alternate, 2 oz eq WGR Grain (must be added), 1 ½ cups Dark Green Vegetable, ¼ cup Other Vegetable, and ¼ cup Fruit.	80 servings 80 servings

Nutrients Per Serving:

Calories	515	cal	Sat Fat	5	g	Iron	3	mg
Protein	20	g	Chol	66	mg	Calcium	81	mg
Carb	19.5	g	Vit A	5591	IU	Sodium	463	mg
Total Fat	42	g	Vit C	48	mg	Dietary Fiber	4	g

*Mozzarella cheese included in nutrient analysis.