

CITRUS BEET SALAD

Hartford Public Schools, FCNS - 2018

Grades: K-12

Yield: 25 or 50 portions

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	WEIGHT	MEASURE	WEIGHT	MEASURE	
Fresh beets Orange zest (and juice) Olive oil Red wine vinegar Cinnamon	6.5 lbs	2 oranges ½ cup 1/3 cup 2 tsp.	13 lbs	4 oranges 1 cup ⅔ cup 4 tsp.	<ol style="list-style-type: none"> 1. Sanitize work area with bleach & water solution. 2. Wash hands. 3. Put on food service gloves. <p>Cooking Methods:</p> <ol style="list-style-type: none"> 1. Wash beets. 2. Roast or boil until tender. 3. Peel beets then cut into ¼ inch slices. 4. Place beets in a mixing bowl, refrigerate to cool. 5. Mix orange zest, juice, olive oil, vinegar, and cinnamon. 6. Pour over the beets and mix well. 7. Portion and hold in refrigerator until service time. 8. Slice oranges into half-moon and garnish each cup with orange slice.
<p>Serving Size: ½ cup (5.5 oz soufflé)</p> <p>Meal Pattern Contribution: ½ cup other vegetable</p> <p>Notes: 1 lb of beets, without tops, cooked, sliced = 7.7 (¼ cup) portions</p>					<p>Serving Instructions</p> <ol style="list-style-type: none"> 1. Portion in 5.5 oz soufflé cups filled to the top and hold in refrigerator until service time. 2. Hold at 40°F or lower throughout serving. Check temperature again during serving. If above 40°F, remove from line and chill to 40°F or lower.

Recipe and Meal Contribution Review completed by Put Local on Your Tray.

SFAs must check the crediting information for accuracy prior to including the item in reimbursable meals.

