

BABY KALE & TOMATO SALAD

Hartford Public Schools - 2017

Grades: K-12

Yield: 50 or 100 portions

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	WEIGHT	MEASURE	WEIGHT	MEASURE	
Baby kale 1 bag per box – 3# Grape tomatoes 25 per pint Dressing, packets .75oz	2 ¼# 4 1/4#	25 cups 150 each	4 1/4# 8 ½#	50 cups 300 each	1. Sanitize work area with bleach & water solution. 2. Wash hands. 3. Put on food service gloves. Cooking Methods: 4. Open bag of baby kale and rinse. 5. Portion ½ cup serving of baby kale into 5.5 ounce soufflé cups 6. Place 3 grape tomatoes on top.
Serving Size: ¾ cup salad (½ cup Kale and ¼ cup Tomatoes) in 5.5 oz souffle Meal Pattern Contribution: ¼ cup Red/Orange vegetable; ¼ cup Dark Green Vegetable NOTE: One pound of Cherry or Grape Tomatoes equals approximately 36 tomatoes. One pound provides 12.1 servings of ¼ cup (FBG indicates 3 each per ¼ cup). ½ cup Kale is credited as ¼ cup dark leafy greens. 1 lb. Kale provides 12.2 cups which provides 24.4 half cup portions which credit as ¼ cup each.					HACCP / Serving Instructions: 1. Place sheet tray with soufflé cups on serving line for self-service. Refrigerate between meal service. 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. Discard contaminated, damaged, or spoiled product. Discard unused salads after 2 days.

*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.*

