

STRAWBERRY SPINACH SALAD

Grades: K-12

RSD #10, Avon, & Canton Public Schools - 2018

Yield: 25-50 portions

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	WEIGHT	MEASURE	WEIGHT	MEASURE	
Sunflower or pumpkin seeds	12 oz.	2 cups	1 ¼ lb.	1 qt.	<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. Toast sunflower (or pumpkin) seeds in a large skillet over medium heat, stirring often, until fragrant and beginning to brown, 4 to 5 minutes. Transfer to a bowl and let cool. 2. Peel cucumbers. Cut in half lengthwise then slice ¼-inch thick. 3. Hull strawberries and cut into ¼-inch thick slices. 4. Trim romaine and cut into 1-inch pieces. 5. Mix spinach and romaine in a large bowl. 6. Process vinegar, syrup, mustard, garlic powder, salt and pepper in a food processor fitted with a steel blade until combined. With the motor running, add oil in a stream and blend for 10 to 20 seconds. 7. Add strawberries, cucumbers and the toasted seeds to the greens. Drizzle with dressing and toss to coat. Serve immediately.
Cucumbers	1 ½ lb.		3 lb.		
Fresh strawberries	1 lb. 10 oz.		3 lb. 4 oz.		
Romaine lettuce	1 lb. 2 oz.		2 lb. 4 oz.		
Baby spinach	1 lb. 6 oz.	1 gal + 1 qt.	2 lb 12 oz.	2 gal + 2 qt.	
Balsamic vinegar		¼ cup		½ cup	
Maple syrup		3 Tbsp		6 Tbsp	
Dijon mustard		½ Tbsp		1 Tbsp	
Garlic powder		¾ tsp		1½ tsp	
Kosher salt		½ tsp		1 tsp	
Ground black pepper		½ tsp		1 tsp	
Vegetable oil or olive oil		¼ cup		½ cup	
<p>Serving Size: 1 1/4 cup; Meal Pattern Contribution: ½ cup dark green vegetable, 1/8 cup other vegetable, 1/8 cup fruit. Notes: Refrigerate the dressing (step 6) for up to 1 week. Recipe, analysis and nutritionals sourced from VT FEED New School Cuisine Cookbook</p>					

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.

