STRAWBERRY SPINACH SALAD

Grades: K-12 RSD #10, Avon, & Canton Public Schools - 2018 Yield: 25-50 portions

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INGREDIENTS	25 SERVINGS		50 SERVINGS		
	WEIGHT	MEASURE	WEIGHT	MEASURE	DIRECTIONS
Sunflower or pumpkin seeds	12 oz.	2 cups	11/4 lb.	1 qt.	1. Sanitize work area with bleach & water solution.
Cucumbers	1 ½ lb.		3 lb.		2. Wash hands.3. Put on food service gloves.
Frank atrough arrian	1 lb. 10 oz.		3 lb. 4 oz.		Cooking Methods:
Fresh strawberries	1 10. 10 62.		3 ID. 4 OZ.		1. Toast sunflower (or pumpkin) seeds in a large
Romaine lettuce	1 lb. 2 oz.		2 lb. 4 oz.		skillet over medium heat, stirring often, until
5	4.11.	4 1.4	0 11 40		fragrant and beginning to brown, 4 to 5 minutes.
Baby spinach	1 lb. 6 oz.	1 gal + 1 qt.	2 lb 12 oz.	2 gal + 2 qt.	Transfer to a bowl and let cool.
Balsamic vinegar		1/4 cup		½ cup	2. Peel cucumbers. Cut in half lengthwise then slice ¼-inch thick.
Maple syrup		3 Tbsp		6 Tbsp	3. Hull strawberries and cut into ¼-inch thick slices
Dijon mustard		½ Tbsp		1 Tbsp	4. Trim romaine and cut into 1-inch pieces.5. Mix spinach and romaine in a large bowl.
gomaotan a		·			6. Process vinegar, syrup, mustard, garlic powder,
Garlic powder		¾ tsp		1½ tsp	salt and pepper in a food processor fitted with a
Kosher salt		½ tsp		1 tsp	steel blade until combined. With the motor running, add oil in a stream and blend for 10 to
Ground black pepper		½ tsp		1 tsp	20 seconds.
		1,		47	7. Add strawberries, cucumbers and the toasted
Vegetable oil or olive oil		½ cup		½ cup	seeds to the greens. Drizzle with dressing and toss to coat. Serve immediately.
Serving Size: 1 1/4 cup;					HACCP/Serving Instructions: HACCP Process:
Meal Pattern Contribution: ½ cup dark green vegetable, ½ cup other vegetable,					#1 No Cook - Hold at 40°F or lower throughout
1/8 cup fruit.					serving. Discard any dressed salads at end of
Notes:					service.
Refrigerate the dressing (step 6) for up to 1 week.					NUTRITION INFORMATION: SERVING SIZE: 11/4 cups
					Amount per Serving Calories 134 kcal Protein 3.72 g Carbohydrate 8.56
Recipe, analysis and nutritionals sourced from VT FEED New School Cuisine					g Total Fat 10.43 g Saturated Fat 1.20 g Cholesterol 0 mg Vitamin A 4146.15 IU Vitamin C 26.19 mg Iron 1.68 mg Calcium 51.98 mg Sodium

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.

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EXTENSION 58.74 mg Dietary Fiber 2.76 g Recipe HACCP Process: #1 No Cook

Cookbook