

# *SALADS*

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Non-stick cooking spray						Preheat oven to 375° F Spray evenly to coat baking sheet.
French bread, cut into 1" cubes		2 #		4 #	1 #	Spread bread for croutons onto sprayed baking sheet and bake for 10-15 minutes until golden color and crispy. Let cool.
Lemon juice		1 cup		2 cup	1/2 cup	<u>For Dressing</u> ; In a mixing bowl, combine lemon juice, Dijon mustard, garlic and black pepper.
Dijon mustard		4 Tb		½ cup	2 Tb	Whisk in oil, slowly at first and continue whisking until all of oil has been added.
Garlic, minced		4 Tb		½ cup	2 Tb	Place toasted (cooled) croutons into large bowl and drizzle with a slight amount of dressing just to coat.
Black pepper, ground		1 Tb		2 Tb	1 ½ tsp	Add chopped lettuces to croutons and add the remainder of dressing. Add parmesan cheese and toss lightly to evenly coat.
Olive oil, Extra virgin		1 cup		2 cups	½ cup	Serve 8 oz. (1 cup) salad immediately
Iceberg lettuce, cut into bite size pieces*		10 head		20 head	5 head	
Romaine lettuce, washed and spun, cut into bite size pieces*		10 head		20 head	5 head	
Parmesan cheese, grated		1 ½ cup		3 cup	¾ cup	

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Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Water		3 quart		1 ½ gallon	6 cup	In a large saucepan heat water to a boil.
Couscous, whole wheat		2 ½ quart		5 quart	1 ¼ quart dried = 3 1/8 quart ckd**	Add couscous, turmeric and black pepper and cover.
Turmeric, ground		2 Tb		¼ cup	1 Tb	Turn off heat and let sit covered for 5 minutes. Fluff with fork and let sit.
Black pepper, ground		2 tsp		1 Tb+1 tsp	1 tsp	In a large bowl combine chickpeas, oranges, onion and raisins.
Chickpeas, end, drained*	6 ½ #		13 #		52 oz	In a separate bowl whisk together orange zest, lemon juice, olive oil and chives.
Mandarin oranges, end, drained	48 oz		96 oz		24 oz	Pour dressing over chickpeas mixture in bowl. Once mixed, fold in the cooled couscous.
Onion, red, small diced		3 ½ cup		7 cup	1 ¾ cup	Cover and refrigerate at least 1 hour before serving.
Raisins, seedless*		1 quart		2 quart	2 cup	Serve 1 cup salad mixture per person.
Orange zest, minced		1/3 cup		2/3 cup	3 Tb	
Lemon juice		1 ½ cup		3 cup	¾ cup	
Olive oil, extra virgin		2/3 cup		1 1/3 cup	1/3 cup	
Chives, dry		2 Tb		4 Tb	1 Tb	

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\*\* Using the conversion factor of 2.55 (dry to cooked) taken from the Food Buying Guide

Nutrients Per Serving

Serving Size: 225.5 g (7.9 oz-wt.)

Calories	276.2
Protein	7.5 g
Carbohydrates	52.6 g
Dietary Fiber	6.7 g
Total Fat	4.5 g
Saturated Fat	0.5 g
Cholesterol	0.0 mg
Vitamin A IU	380.1 IU
Vitamin C	17.8 mg
Calcium	44.3 mg
Iron	1.6 mg
Sodium	134.7 mg

Approximate preparation time: 20 minutes

5 A Day Serving: 1 serving

Child Nutrition Program Serving: 1 portion provides  
1 bread and ½ cup of vegetable

Family Size Recipe Name: “Orange Couscous  
Salad” can be found in the appendix.

Recipe source: Produce for Better Health Foundation

Adapted recipe courtesy of the Produce for Better Health  
Foundation. For more information, please visit the Produce  
Marketing Association’s Web site: [www.aboutproduce.com](http://www.aboutproduce.com)

**NOTES**



Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Pineapple, fresh, peeled and cored or canned, chunk*	4 #	4 each	8 #	8 each	2 each or 2 #	Place pineapple chunks in large bowl.
Kiwi fruit, peel and slice in half and then into slices		13 each		25 each	6 each	Add sliced kiwi, bananas, melon and strawberries to bowl.
Bananas, peel and sliced		10 each		20 each	5 each	<u>For dressing:</u> combine lemon juice and honey in medium bowl.
Strawberries, hulled and sliced		1 ½ quart		3 quart	3 cups	Add poppy seeds and lime rind to dressing bowl. Whisk together to blend.
Melon, honeydew or cantaloupe, peeled and medium dice or balls		1 ½ quart		3 quart	3 cups	Pour dressing over fruit and toss lightly to evenly coat fruit.
<u>For Dressing:</u> 100% pineapple juice, unsweetened		2 cup		1 quart	1 cup	Cover with food film and refrigerate at least 15 minutes for best flavor. Serve ½ cup salad per person.
Honey		½ cup		1 cup	¼ cup	
Lime zest, grated		4 tsp		2 ½ Tb	2 tsp	
Poppy seeds		2 Tb		4 Tb	1 Tb	

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Nutrients Per Serving

Serving Size: 135.3 g (4.7 oz-wt.)

Calories	84.0
Protein	1.0 g
Carbohydrates	20.4 g
Dietary Fiber	2.3 g
Total Fat	0.7 g
Saturated Fat	0.0 g
Cholesterol	0.0 mg
Vitamin A IU	685.0 IU
Vitamin C	42.9 mg
Calcium	26.8 mg
Iron	0.5 mg
Sodium	4.2 mg

Approximate preparation time: 25 minutes

5 A Day Serving: 1 serving

Child Nutrition Program Serving: 1 portion  
provides ½ cup of fruit

Family Size Recipe Name: “Pineapple Poppy  
Seed Salad” can be found in the appendix.

Recipe source: Produce for Better Health Foundation

Adapted recipe courtesy of the Produce for Better Health  
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**NOTES**



Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Mango, peeled and diced		4 each		8 each	2 each	Prepare all of the fruit as listed in Ingredients list. Place fruit in large bowl.
Blueberries, washed*		1 quart		2 quart	2 cup	
Nectarines, unpeeled and sliced		8 each		16 each	4 each	For dressing: Combine orange juice, lemon juice, honey, ginger and nutmeg. Whisk well to completely mix dressing. Pour orange honey dressing over fruit and toss lightly to coat evenly.
Strawberries, hulled, sliced in half		2 quart		4 quart	1 quart	
Grapes, red or green seedless, washed***		1 quart		2 quart	2 cups	Cover bowl with wrap and refrigerate until service.
Banana, peeled and sliced		8 each		16 each	4 each	Serve ½ cup (#8 scoop or ½ cup ladle) per person.
Kiwi fruit, peel and sliced		16 each		32 each	8 each	
<u>For Orange Honey Dressing</u> Orange juice, unsweetened		1 ½ cup		3 cup	¾ cup	
Lemon juice		1 cup		2 cup	½ cup	
Honey		1/3 cup		2/3 cup	3 Tb	
Ginger, ground		½ tsp		1 tsp	¼ tsp	
Nutmeg, ground		½ tsp		1 tsp	¼ tsp	

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\*\*\*Please note: Grapes represent a choking hazard for young children. Please cut grapes in half for service or do not serve to young children.



Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Yogurt, vanilla, low-fat		4 cup		8 cup	2 cup	Combine yogurt and raspberries in large bowl.
Raspberries, IQF or fresh		2 quart		4 quart	1 quart	Add mint to yogurt mixture and mix well.
Mint, dried		2 Tb		4 Tb	1 Tb	Add green and red grapes to the yogurt mixture and toss lightly to coat.
Red Grapes, seedless, washed		12 cup		24 cup	6 cup	Serve 6 oz (3/4 cup) well chilled portions.
Green Grapes, seedless, washed***		12 cup		24 cup	6 cup	

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Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Spinach, picked to remove stems washed and spun dry	8 # or 12.8 -10 oz bags		16 # or 25.6 -10 oz bags		4 # or or 6.4- 10 oz bags	Wash and devein spinach to remove all stems. Spin in salad spinner until dry or air dry.
Pears, cored and thinly sliced*		12 each		24 each	6 each	On individual chilled salad plate assemble 1½ cup spinach on each plate
Mandarin oranges, cnd -reserve liquid for dressing	4 #		8 #		32 oz	Onto spinach arrange slices of pears and mandarin oranges. Cover with film and refrigerate until service.
<u>For Dressing:</u> 100% orange juice, unsweetened*		1 quart		2 quart	2 cup	<u>For dressing:</u> In a saucepan combine reserved mandarin orange juice, orange juice and vinegar.
White vinegar		2/3 cup		1 1/3 cup	1/3 cup	Bring mixture to boil and whisk in mustard, honey and poppy seeds.
Dijon mustard		¼ cup		½ cup	3 Tb	Combine corn starch and water to make a slurry.
Honey		¼ cup		½ cup	3 Tb	Pour corn starch slurry into saucepan while whisking dressing and bring to boil to thicken dressing.
Poppy Seeds		1 Tb+ 1 tsp		3 Tb	2 tsp	Remove from heat and chill thoroughly.
<u>For Slurry:</u> Corn starch		¼ cup		½ cup	3 Tb	At service, drizzle each salad with 2 Tb chilled orange poppy seed dressing.
Water, cold tap		¼ cup		½ cup	3 Tb	Serve 1 cup salad per person

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Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Spinach leaves	6 #		12#		5 - 10 oz bags or 3 #	Wash and devein spinach to remove stems. Spin in salad spinner until dry or air dry.
Red onion, sliced	4 each		8 each		2 each	Skin, cut in half lengthwise and slice thin
Red pepper, julienned	6 each		12 each		3 each	Slice lengthwise, core and seed. Slice into Julienne strips.
Cucumber, sliced	4 each		8 each		2 each	Peel (optional) and slice lengthwise. Slice into thin round slices.
Oranges, sectioned*	10 each		20 each		5 each	Peel, section and remove seeds from orange.
For Dressing; Red wine vinegar		½ cup		1 cup	¼ cup	Place ¾ cup spinach in large salad bowl and garnish with ¼ cup cut vegetables and fruit.
Dijon Mustard		2 Tb		4 Tb	1 Tb	For dressing; combine in a large bowl vinegar and mustard.
100% Orange Juice *		½ cup		1 cup	¼ cup	Whisk in the orange juice and slowly whisk in oil until fully incorporated.
Olive oil		1 cup		2 cups	½ cup	Drizzle dressing over salad and toss well to coat evenly. Serve immediately.

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Nutrients Per Serving

Serving Size: 137.6 g (4.8 oz-wt.)

Calories	74.6
Protein	2.2 g
Carbohydrates	7.8 g
Dietary Fiber	2.7 g
Total Fat	4.6 g
Saturated Fat	0.6 g
Cholesterol	0.0 mg
Vitamin A IU	4576.8 IU
Vitamin C	59.1 mg
Calcium	71.8 mg
Iron	1.6 mg
Sodium	59.2 mg

Approximate preparation time: 25 minutes

5 A Day Serving: 1 serving

Child Nutrition Program Serving: 1 portion  
provides 1 cup of vegetable

Family- Size Recipe Name: "Sunshine Salad"  
can be found in the appendix.

Recipe Source: National Cancer Institute

**NOTES**



Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Apple, any variety, with peel, diced (local produce, if desired)		13 each		25 each	6 each	Wash apples thoroughly. Slice in half lengthwise and then into quarters. Core quarters. Cut into medium dice and place in large bowl.
Lemon juice		¼ cup		½ cup	2 Tb	Drizzle apple cuts with lemon juice and toss to coat evenly.
Grapes, seedless, washed**		3 quart		6 quart	6 cup	Wash grapes and remove from the stem. Add to apple and lemon mixture.
Yogurt, low fat, vanilla		1 ½ quart		3 quart	3 cup	Fold yogurt into apples and grapes mixing to evenly coat.
Marshmallows, miniature		1 ½ quart		3 quart	3 cup	Add marshmallows to mixture, fold in evenly and cover with food film and refrigerate.
Almonds, slivered, lightly toasted*		1 ½ cup		3 cup	¾ cup	Serve ¾ cup salad per person. Garnish individually, or entire salad with slivered almonds on top.

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Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Canned apricots in light syrup, diced*		1 - #10 can		2 -# 10 can	½-#10 can or 3 #	Prepare ingredients as listed.
Strawberries Fresh, stemmed and halved or Frozen, IQF or Block Frozen*	4#		8#		2#	In a large bowl combine all ingredients.
Kiwi, peeled and sliced		10 each		20 each	5 each	Toss well to mix evenly and chill.
100% pineapple juice, unsweetened		48 fl oz.		2-48 oz can	2 cups	Serve 1 cup salad per person. (may also load onto skewers for fresh fruit kebabs. Note: frozen fruit not recommended on skewers)
Coconut flakes, lightly toasted	2 ½ cups		5 cups		1 ¼ cup	
Mint, dried	2 oz		4 oz		3 Tb	

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Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Spinach	6 # or 10 -10 oz bags		12 # or 20 – 10 oz bags		3 # or 5- 10 oz bags	Wash and de-vein spinach, removing all stems  Air dry spinach or put into salad spinner until dry.
Olive oil	2 oz	1/4 cup	4 oz	½ cup	2 Tb	Heat olive oil in large sauté pan or tilt skillet.
Apples, red delicious	12 each		24 each		6 each	Halve apples lengthwise and cut into quarters. Remove cores. Slice into long thin slices.
Red onion, sliced	4 each		8 each		2 each	Skin and slice onion in half. Slice into thin strips or Julienne.
Balsamic vinegar	8 oz	1 cup	16 oz	2 cups	½ cup or 4 oz	Add apples and onions to hot olive oil and saute until slightly wilted and red onion begins to bleed.
Olive oil		1 cup		2 cups	½ cup	Deglaze pan with Balsamic vinegar, and remove from heat. Add remainder of olive oil and toss hot onion apple mixture into washed and dry spinach and toss well.
Almonds, sliced or slivered, toasted*		1 cup		2 cups	½ cup	Serve immediately with garnish of toasted almonds. Serve 1 cup salad per person.

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Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Cider vinegar		2 cup		4 cup	1 cup	For dressing: combine vinegar, coulis, oil, mustard and pepper in blender or food processor. Puree until well blended. Chill dressing until ready for use.
Raspberry puree, frozen* or coulis		2 cup		4 cup	1 cup	
Vegetable oil		1 cup		2 cup	½ cup	Wash, dry and core romaine. Tear into bite size pieces and place 1 cup torn lettuce onto individual plates or bowls.
Dijon mustard		4 Tb		½ cup	2 Tb	Peel, seed and cut watermelon into 1" cubes.
Romaine lettuce		50 cup approx 14 hd		100 cup approx 28 hd	25 cup approx 7 hd	Peel, seed (if needed), and segment orange.
Watermelon, cubed		26 cup		1 ½ quart	13 cup	Pour dressing onto lettuce.
Orange segments*		13 cup		26 cup	6 ½ cup	Place ½ cup watermelon and ½ cup orange sections on top of dressed greens and serve immediately.

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