CITRUS BEET SALAD

Hartford Public Schools, FCNS - 2018

Grades: K-12

Yield: 25 or 50 portions

INGREDIENTS

<table>
<thead>
<tr>
<th></th>
<th>25 SERVINGS</th>
<th>50 SERVINGS</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>WEIGHT</td>
<td>MEASURE</td>
</tr>
<tr>
<td>Fresh beets</td>
<td>6.5 lbs</td>
<td>13 lbs</td>
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<tr>
<td>Orange zest (and juice)</td>
<td>2 oranges</td>
<td>4 oranges</td>
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<tr>
<td>Olive oil</td>
<td>½ cup</td>
<td>1 cup</td>
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<tr>
<td>Red wine vinegar</td>
<td>1/3 cup</td>
<td>⅔ cup</td>
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<tr>
<td>Cinnamon</td>
<td>2 tsp.</td>
<td>4 tsp.</td>
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DIRECTIONS

1. Sanitize work area with bleach & water solution.
2. Wash hands.
3. Put on food service gloves.

Cooking Methods:
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. Poor 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.

Serving Size: ½ cup (5.5 oz soufflé)

Meal Pattern Contribution: ½ cup other vegetable

Notes: 1 lb of beets, without tops, cooked, sliced = 7.7 (¼ cup) portions

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.