

# 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	10 oz.	2 cups	1¼ lb.	1 qt.	<ol style="list-style-type: none"> <li>Sanitize work area with bleach &amp; water solution.</li> <li>Wash hands.</li> <li>Put on food service gloves.</li> </ol> <p><b>Cooking Methods:</b></p> <ol style="list-style-type: none"> <li>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.</li> <li>Peel cucumbers. Cut in half lengthwise then slice ¼-inch thick.</li> <li>Hull strawberries and cut into ¼-inch thick slices.</li> <li>Trim romaine and cut into 1-inch pieces.</li> <li>Mix spinach and romaine in a large bowl.</li> <li>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.</li> <li>Add the strawberries, cucumbers and the toasted seeds to the greens. Drizzle with dressing and toss to coat. Serve immediately.</li> </ol>
Cucumbers	1½ 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><b>Serving Size:</b> 1 cup; ⅔ cup greens + ⅛ cup other veg, ⅛ cup fruit</p> <p><b>Meal Pattern Contribution:</b> ⅓ cup Dark Green Vegetable, ⅛ cup Fruit, ⅛ cup other Vegetable</p> <p><b>Notes:</b> Refrigerate the dressing (step 6) for up to 1 week.</p>					<p><b>HACCP/Serving Instructions</b></p> <ol style="list-style-type: none"> <li>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.</li> </ol>

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.

