# Baby Kale & Tomato Salad

**Hartford Public Schools - 2017**

**Grades:** K-12  
**Yield:** 50 or 100 portions

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>50 SERVINGS</th>
<th>100 SERVINGS</th>
<th>DIRECTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>WEIGHT</td>
<td>MEASURE</td>
<td></td>
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<tr>
<td>Baby kale</td>
<td>2 ¾#</td>
<td>25 cups</td>
<td></td>
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<tr>
<td>1 bag per box – 3#</td>
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<tr>
<td>Grape tomatoes</td>
<td>41/4#</td>
<td>150 each</td>
<td></td>
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<tr>
<td>25 per pint</td>
<td></td>
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<tr>
<td>Dressing, packets .75oz</td>
<td>8 ½#</td>
<td>300 each</td>
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1. Sanitize work area with bleach & water solution.
2. Wash hands.
3. Put on food service gloves.
4. Open bag of baby kale and rinse.
5. Portion ½ cup serving of baby kale into 5.5 ounce soufflé cups
6. Place 3 grape tomatoes on top.

**Serving Size:** ¾ cup salad (½ cup Kale and ¼ cup Tomatoes) in 5.5 oz souffle

**Meal Pattern Contribution:**
- ¼ cup Red/Orange vegetable; 1/4 cup Dark Green Vegetable

**NOTE:** One pound of Cherry or Grape Tomatoes equals approximately 36 tomatoes.
One pound provides 12.1 servings of ¼ cup (FBG indicates 3 each per ¼ cup).
½ cup Kale is credited as ¼ cup dark leafy greens.
1 lb. Kale provides 12.2 cups which provides 24.4 half cup portions which credit as ¼ cup each.

**HACCP / Serving Instructions:**
1. Place sheet tray with soufflé cups on serving line for self-service. Refrigerate between meal service.
2. 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. Discard contaminated, damaged, or spoiled product. Discard unused salads after 2 days.

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.