

# ..... **HARVEST ENTRÉE SALAD WITH TURKEY WITH FRESH PEARS** .....

Old Saybrook Schools - 2014, updated 2018

Grades: K -12

Yield: 1 - 10

INGREDIENTS	1 SERVING		10 SERVINGS		DIRECTIONS
	WEIGHT	MEASURE	WEIGHT	MEASURE	
Romaine lettuce, chopped		1/2 cup		5 cups	<ol style="list-style-type: none"> <li>1. Sanitize work area with bleach &amp; water solution.</li> <li>2. Wash hands.</li> <li>3. Put on food service gloves.</li> </ol> <p><b>Cooking Methods:</b></p> <ol style="list-style-type: none"> <li>1. Chill roasted butternut squash or sweet potatoes. Cube deli turkey into ½” cubes and keep at 40°F until final preparation assembly.</li> <li>2. Immediately prior to service, mix roasted butternut squash or sweet potatoes, deli turkey, raisins, sunflower seeds, celery and mayo together.</li> <li>3. Fill 8 x 8 oz clamshell with 1 cup mixed greens. Top with 1 cup mixture.</li> <li>4. Top each salad with the chilled, sliced fresh pears, using 1 pear (8 slices) per salad.</li> </ol>
Green leaf lettuce or mesclun greens, chopped		½ cup		5 cups	
Butternut squash, cubed, roasted (or sweet potatoes cubed, roasted can be substituted),		½ cup		5 cups	
Deli turkey, USDA or commercial, diced*	3.18 oz*		2 lb*		
Dried raisins	.5 oz	1/8 cup	5 oz	1 1/4 cups	
Sunflower seeds	.5 oz	2 Tbsp	5 oz	1 1/4 cups	
Celery, washed and diced		1/8 cup		1 1/4 cups	
Low fat mayonnaise		1 Tbsp		10 Tbsp	
Pears, fresh, 150 ct., D’Anjou, Bosc or Bartlett, cored, sliced into 8 slices	1		10		
<p><b>Serving Size:</b> 1 salad</p> <p><b>Meal Contribution:</b> ½ cup leafy green vegetable, ½ cup Red/Orange Vegetable, ⅓ cup Other Vegetable, ¾ cup Fruit**, 2 oz. equivalent of meat/meat alternate.</p>					

\* Based on USDA Foods Product. Other turkey products may contribute differently; district meal planner must adjust quantity of ounce equivalents of meat/meat alternate contribution to reflect the product formulation statement for the specific turkey product used.

Sunflower seeds contribute ½ oz of the meat/meat alternate ounce equivalents contribution.

\*\* Fruit contribution to the meal meets requirements for K-8 students. Students in Grades 9-12 must be offered at least ¼ cup additional fruit to meet the meal pattern requirements.

**Serving instructions:**

1. 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.

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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