

# HARVEST ENTRÉE SALAD WITH TURKEY

Old Saybrook Schools - 2018

Grades: K-12

Yield: 1 - 10

INGREDIENTS	1 SERVING		10 SERVINGS		DIRECTIONS
	WEIGHT	MEASURE	WEIGHT	MEASURE	
Romaine, green leaf lettuce, and/or mesclun greens, chopped		1 cup		10 cups	<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>Mix roasted butternut squash or sweet potatoes, deli turkey, craisins, sunflower seeds, celery and mayo together.</li> <li>Fill 8 x 8 oz clamshell with 1 cup mixed greens.</li> <li>Top with 1 cup mixture.</li> </ol>
Roasted butternut squash or sweet potatoes		½ cup		5 cups	
Deli turkey, USDA or commercial, diced*	3.18 oz*		2 lb.*		
Dried craisins	.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	
<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, ⅓ cup Fruit, 2 oz. meat/meat alternate</p> <p><b>NOTES:</b>                      * 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.</p>					

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.

