

# SUPERFOODS ENTRÉE SALAD

Old Saybrook Public Schools - 2016

**Grades:** High School, 9 -12

**Yield:** 1 - 10 portions

INGREDIENTS	1 SERVING		10 SERVINGS		DIRECTIONS
	WEIGHT	MEASURE	WEIGHT	MEASURE	
Kale, cleaned and chopped Edamame Pumpkin seeds, shelled Carrots- shredded Grape tomatoes Red onion Dried cranberries Blueberries, fresh, washed Raspberry vinaigrette	2 oz         1.5 oz	2 cups ¼ cup (4Tbsp) 2 Tbsp ½ cup ½ cup ¼ cup 1/8 cup 1/8 cup	20 oz.         15 oz.	20 cups 2 ½ cups 20 Tbsp 5 cups 5 cups 2 ½ cups 1 ¼ cups 1 ¼ cups	1. Sanitize work area with bleach & water solution. 2. Wash hands. 3. Put on food service gloves.  <b>Cooking Methods:</b> 1. Mix all vegetable, seed, and fruit ingredients together. 2. At the time of service, toss with raspberry vinaigrette – do not hold dressed salads for more than the service time. Use a 24 oz clamshell container for serving.
<b>Serving Size:</b> 1 salad  <b>Meal Contribution:</b> 1 cup leafy green veg., 1 cup Red/Orange veg., ¼ cup Other veg., 3/8 cup Fruit, 2 oz M/MA  <b>Notes:</b> 1 cup Kale = ½ cup Dark Leafy greens 1 lb. Edamame, shelled = 16 servings of 1 oz. meat/meat alternate 1 lb. Pumpkin Seeds = 16 servings of 1 oz. meat/meat alternate ¼ cup Dried Cranberries = ½ cup fruit					<b>HACCP / Serving Instructions:</b> 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.  Prepared salads with dressing should be served with the menued choice of grains and milk option on the side.

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.

