

TOMATO, CUCUMBER, & PARSLEY SALAD

RSD# 10, Avon, & Canton Public Schools - 2018

Grades: K-12

Yield: 25-50 portions

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	WEIGHT	MEASURE	WEIGHT	MEASURE	
Cucumbers, peel and slice 1" wide	2 ½ lb.		5 lb.		<ol style="list-style-type: none"> Sanitize work area with bleach & water solution. Wash hands. Put on food service gloves. <p>Cooking Methods:</p> <ol style="list-style-type: none"> Combine the tomatoes, cucumbers, onions, olive oil, and parsley in a large bowl. Season the salad with salt and pepper. Chill before serving. For service, cup into 6 oz. bowls on colorful tray to put on cold serving area. Maintain at 40°F or below.
Grape or cherry tomatoes, halved	3¾ lb.	2 qt. 2½ cups	7½ lb.	5¼ qt	
Red onions, sliced thin	½ lb.	½ large	½ lb.	1 large	
Olive oil	3 oz.	7 Tbsp	6 oz.	⅞ cup	
Chopped flat-leaf parsley		1 cup 6 Tbsp		2¾ cup	
Kosher salt		1⅛ tsp		¾ Tbsp	
Black pepper		⅜ tsp		¾ tsp	
<p>Serving Size: ¾ cup (6 oz. spoodle)</p> <p>Meal Pattern Contribution: ¾ cup Total Vegetable (⅜ cup Red/Orange Veg, ¼ cup Other Veg)</p> <p>NOTE: 1# cucumbers, sliced and pared = 10.5 servings of ¼ cup. 1# cherry tomatoes, whole, no stem = 36 tomatoes (per the Food Buying Guide) = 3 cherry tomatoes per ¼ cup. 1# Cherry Tomatoes halved, no stem = 7.3 servings of ⅜ cup.</p>					<p>HACCP/Serving Instructions:</p> <ol style="list-style-type: none"> 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.

