Blueberry Caprese Side Salad

a recipe from Georgia School Nutrition Program

MAKES: 50 cups  PREP TIME: 15 minutes  CATEGORY: Side

Ingredients:

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
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<tbody>
<tr>
<td>8 lb. + 6 oz.</td>
<td>Cherry tomatoes</td>
</tr>
<tr>
<td>2 lb. + 2 oz.</td>
<td>Blueberries, fresh</td>
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<tr>
<td>12 oz.</td>
<td>Cheese, mozzarella shredded</td>
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<tr>
<td>2 C.</td>
<td>Basil, fresh</td>
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<tr>
<td>1 QT.</td>
<td>Balsamic vinaigrette</td>
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</tbody>
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Steps:

1. Ensure surface area is clean, disinfected, and dry. Wash hands.
2. Wash all fruit, vegetables, and herbs in cool running water. Drain and pat dry.
3. Add tomatoes and blueberries into a large mixing bowl.
4. Add in the shredded mozzarella cheese.
5. Separate the basil leaves from the stem. Stack and roll together.
6. Using a chef’s knife and cutting board, slice the rolled basil into thin strips (Chiffonade); then, add to the bowl.
7. Add in the balsamic vinaigrette and mix well. Ensure that the tomatoes and blueberries are coated with the dressing, cheese, and basil.
8. Cover and refrigerate if not served immediately. 41°F or below. Critical Control Point: Cover and hold at or below 41 F until ready for service
9. For service, mix well; then, using an 8 oz spoon or disher, portion 1 C. into the serving vessel and hold at 41°F or below. Critical Control Point: Hold at or below 41 F

TIPS:

1. Quantity of blueberries can be decreased and used as a garnish if not crediting for fruit component.
2. Can substitute Strawberry Balsamic Vinaigrette recipe for the Balsamic Vinaigrette. Sub blueberries in place of the strawberries in the Strawberry Balsamic Vinaigrette recipe.

CREDITING INFORMATION:

½ C Red/Orange Vegetable, 1/8 C fruit

HAACP CATEGORY:

No Cook

NUTRITION INFO

Serving Size: ½ cup

- Calories: 75
- Carbohydrates: 7.2 g
- Protein: 2.3 g
- Total Fat: 4.4 g
- Sat. Fat: 1.5 g
- Cholesterol: 6 g
- Sodium: 269 mg
- Fiber: 1.4 g
- Vitamin A: 736 IU
- Vitamin C: 13 mg
- Calcium: 12 mg
- Iron: < 1 mg

Provided by the Georgia Department of Education School Nutrition Program