

Harvest Salad with Strawberries

a recipe from Georgia School Nutrition Division

MAKES: 50 servings PREP TIME: 30 minutes CATEGORY: Entree

Ingredients:

3 lbs. 2 oz.	Chicken, cooked, frozen, diced or pulled
6 lbs. 7 oz.	Lettuce, fresh Romaine, untrimmed
9 lbs. 13 oz.	Lettuce, fresh Iceberg, untrimmed
2 lbs.	Cucumber, fresh, whole, with skin
1 lbs. 5 oz.	Carrots, fresh, shredded, ready-to-use
4 lbs. 13 oz.	Strawberries, fresh, whole
2 lbs.	Raisins, regular moisture, seedless
3 lbs. 2 oz.	Cheese, mozzarella, or cheddar, shredded
50 each 2 oz.	Rolls, whole grain (WG)

TIPS:

Try switching out fresh fruit based on the season:

Harvest of the Month fruit quantities

(¼ cup of fresh fruit credit to switch out as needed):

- 4.8 pounds strawberries, fresh, whole
- 4.25 pounds blueberries, fresh, whole
- 3.4 pounds, apples, fresh, whole (125-138 count)
- 6.5 pounds, peaches, fresh, whole (medium)
- 8.2 pounds watermelon, fresh

Steps:

1. Remove chicken from freezer one day prior to service. Place in cooler to thaw. **Critical Control Point: Hold at or below 41 F**
2. For iceberg lettuce, remove the core by cutting lettuce in half. Then, cut into equal bite size pieces (approximately 2" square). Wash lettuce under running water.
3. For the Romaine lettuce, cut off the stem end and repeat the steps listed in step 2.
4. Combine the Iceberg and the Romaine and mix well. Place in a food storage container, cover, label date and hold in the cooler. **Critical Control Point: Hold at or below 41 F**
5. Wash cucumbers in cold water. On a cutting board and using a chef's knife, remove about ½" from both ends. Slice the cucumber into 1/8" slices. Place in a food container, cover, label, and date; then, hold in cooler. **Critical Control Point: Hold at or below 41 F**
6. Wash strawberries under cool water, allow to drain and dry. On a cutting board, use a chef's knife to remove the stem and cut into thin slices. **Critical Control Point: Hold at or below 41 F**
7. Gather all the prepared ingredients and service containers. In the service container, start with 2 c. lettuce mix. Next, start adding the ingredients on top of the lettuce starting at the 6 o'clock position and moving clockwise. Add 1 oz. chicken, 1 oz. cheese, 1/8 c. cucumber slices, 1/8 c. shredded carrots, 1/8 c. raisins, 1/4 c. strawberries. Serve with one 2 oz. WG roll. **Critical Control Point: Hold at or below 41 F**



CREDITING INFORMATION:

- 1 ¼ cup Vegetable
- 5/8 cup other
- 1/2 cup dark green
- 1/8 cup red/orange
- 2 oz. Meat
- 2 oz. Grain
- ½ cup Fruit

HAACP CATEGORY:

No Cook

NUTRITION INFO

Serving Size: 1 entrée salad

Calories: 369 **Carbohydrates:** 53g

Protein: 20 g **Total Fat:** 8.6 g **Sat. Fat:** 3.3 g

Cholesterol: 40 g **Sodium:** 426 mg

Fiber: 5 g

Vitamin A: 6,710 IU **Vitamin C:** 32 mg

Calcium: 292 mg **Iron:** 3.3 mg