

# Molded Fruit Salad

Fruit

Salads and Salad Dressings

E-01

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned crushed pineapple, with juice, chilled	1 lb 10 oz	3 cups (1 1/3 No. 2 cans)	3 lb 4 oz	1 qt 2 cups (2 2/3 No. 2 cans)	1. Drain pineapple and reserve juice for step 3. For 25 servings, reserve 1 cup. For 50 servings, reserve 2 cups. Reserve pineapple for step 5.
Lemon gelatin	12 oz	2 1/2 cups	1 lb 8 oz	1 qt 1 cup	
Water, boiling		2 cups		1 qt	2. In a bowl, dissolve gelatin in boiling water. Add reserved pineapple juice, orange juice concentrate, and yogurt. Whisk until smooth.
Reserved pineapple juice		1 cup		2 cups	
Orange juice concentrate		1/4 cup		1/2 cup	3. Freeze mixture for about 30 minutes, until it begins to set. Reserve for step 6.
Lowfat plain yogurt	1 lb 2 oz	2 cups	2 lb 4 oz	1 qt	
*Fresh red or white seedless grapes, halved, chilled	1 lb	2 cups	2 lb	1 qt	4. Place 8 1/4 oz (1 1/4 cups) of crushed pineapple and 8 oz (1 1/4 cups 2 Tbsp) of grape halves in each 3 qt gelatin mold or baking pan (9" x 13" x 2"). For 25 servings, use 2 molds or pans. For 50 servings, use 4 molds or pans.
					5. In a mixing bowl, use the whip attachment on medium speed to beat the gelatin mixture for 5 minutes, until fluffy.
					6. Pour 1 lb 12 oz (1 qt) of whipped gelatin over the fruit in each mold and stir gently to blend. Refrigerate until set, at least 2 hours.
					7. Portion with No. 10 scoop (3/8 cup).

\* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Grapes	1 lb 1 oz	2 lb 2 oz

# Molded Fruit Salad

Fruit

Salads and Salad Dressings

E-01

## SERVING:

$\frac{3}{8}$  cup (No. 10 scoop) provides  $\frac{1}{4}$  cup of fruit.

## YIELD:

**25 Servings:** 5 lb 8 oz

**50 Servings:** 11 lb

## VOLUME:

**25 Servings:** 2 quarts 2  $\frac{1}{2}$  cups  
2 pans

**50 Servings:** 1 gallon 1  $\frac{1}{4}$  quarts  
4 pans

Edited 2004

### Special Tip:

This salad may also be prepared substituting equal volumes of fresh diced apples or fresh grated carrots for fresh grapes, and substituting equal volumes of canned Mandarin oranges, canned diced peaches, and juice for canned pineapple and juice.

## Nutrients Per Serving

<b>Calories</b>	99	<b>Saturated Fat</b>	0.23 g	<b>Iron</b>	0.18 mg
<b>Protein</b>	2.44 g	<b>Cholesterol</b>	1 mg	<b>Calcium</b>	46 mg
<b>Carbohydrate</b>	22.58 g	<b>Vitamin A</b>	51 IU	<b>Sodium</b>	50 mg
<b>Total Fat</b>	0.41 g	<b>Vitamin C</b>	7.6 mg	<b>Dietary Fiber</b>	0.4 g

# Molded Vegetable Salad

Vegetable

Salads and Salad Dressings

E-01A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Lemon gelatin	12 oz	2 ½ cups	1 lb 8 oz	1 qt 1 cup	1. In a bowl, dissolve gelatin in boiling water.
Water, boiling		3 cups		1 qt 2 cups	
Lemon juice		¼ cup		½ cup	2. Add lemon juice and yogurt. Whisk until smooth.
Lowfat plain yogurt	1 lb 2 oz	2 cups	2 lb 4 oz	1 qt	
					3. Freeze mixture for about 30 minutes, until it begins to set.
*Fresh cabbage, shredded	1 lb	1 qt 2 ⅔ cups	2 lb	3 qt 1 ½ cups	4. Place 8 oz (3 ⅓ cups) of shredded cabbage, 7 oz (1 ¼ cups 2 Tbsp) chopped celery, 2 Tbsp chopped green pepper, and 1 Tbsp pimiento in each 3 qt gelatin mold or baking pan (9" x 13" x 2"). For 25 servings, use 2 molds or pans. For 50 servings, use 4 molds or pans.
*Fresh celery, chopped	14 oz	2 ¾ cups	1 lb 12 oz	1 qt 1 ½ cups	
*Fresh green pepper, chopped		¼ cup	2 ¾ oz	½ cup	4. In a mixing bowl, use the whip attachment on medium speed to beat the gelatin mixture for 5 minutes, until fluffy.
Canned pimiento, chopped, drained		2 Tbsp		¼ cup	
					5. Pour 1 lb 12 oz (1 qt) of whipped gelatin over the vegetables in each mold and stir gently to blend. Refrigerate until set, at least 2 hours.
					6. Portion with No. 6 scoop (⅔ cup).

\* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Cabbage	1 lb 3 oz	2 lb 6 oz
Celery	1 lb 1 oz	2 lb 2 oz
Green peppers	2 oz	4 oz

# Molded Vegetable Salad

Vegetable

Salads and Salad Dressings

E-01A

**SERVING:**

$\frac{2}{3}$  cup (No. 6 scoop) provides  $\frac{1}{4}$  cup of vegetable.

**YIELD:**

**25 Servings:** 5 lb 8 oz

**50 Servings:** 11 lb

**VOLUME:**

**25 Servings:** 1 gallon 1 cup  
2 pans

**50 Servings:** 2 gallons 2 cups  
4 pans

Edited 2004

**Special Tip:**

This salad may also be prepared substituting equal volumes of fresh diced apples or fresh grated carrots for fresh cabbage, celery, or pepper.

**Nutrients Per Serving**

<b>Calories</b>	73	<b>Saturated Fat</b>	0.22 g	<b>Iron</b>	0.24 mg
<b>Protein</b>	2.55 g	<b>Cholesterol</b>	1 mg	<b>Calcium</b>	54 mg
<b>Carbohydrate</b>	15.62 g	<b>Vitamin A</b>	95 IU	<b>Sodium</b>	67 mg
<b>Total Fat</b>	0.40 g	<b>Vitamin C</b>	9.9 mg	<b>Dietary Fiber</b>	0.7 g

# Rice Salad

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched white rice, medium grain, regular OR Enriched white rice, long grain, regular	10 oz OR 13 ½ oz	1 ½ cups OR 2 cups 2 Tbsp	1 lb 4 oz OR 1 lb 11 oz	3 cups OR 1 qt ¼ cup	1. Combine rice, water, and salt in a pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. Cover.
Water		3 ¼ cups		1 qt 2 ½ cups	
Salt		1 tsp		2 tsp	2. Bake: Conventional oven: 350° F for 25 minutes
Tomato juice		¾ cup		1 ½ cups	
White vinegar		1 Tbsp 1 ½ tsp		3 Tbsp	3. Dressing: In a mixing bowl, whisk together tomato juice, vinegar, vegetable oil, granulated garlic, dry mustard, oregano, parsley, and pepper.
Vegetable oil		1 Tbsp		2 Tbsp	
Granulated garlic		1 tsp		2 tsp	4. Place hot rice in a mixing bowl. Pour dressing over top and toss to thoroughly coat rice. Cover with plastic wrap and refrigerate for 1 hour.
Dry mustard		½ tsp		1 tsp	
Dried oregano		1 tsp		2 tsp	5. To the rice, add carrots, tomatoes, cucumbers, mixed vegetables, and beans. Stir to combine.
Dried parsley		1 Tbsp		2 Tbsp	
Ground black or white pepper		¼ tsp		½ tsp	
*Fresh carrots, shredded	6 oz	1 ¾ cups	12 oz	3 ½ cups	5. To the rice, add carrots, tomatoes, cucumbers, mixed vegetables, and beans. Stir to combine.
*Fresh tomatoes, ¼" diced	3 oz	½ cup	6 oz	1 cup	
*Fresh cucumber, peeled, seeded, ¼" diced	3 oz	½ cup 2 Tbsp	6 oz	1 ¼ cups	
Frozen mixed vegetables, thawed, drained	12 oz	2 ¾ cups	1 lb 8 oz	1 qt 1 ½ cups	

# Rice Salad

Vegetable-Grains/Breads

Salads and Salad Dressings

E-02

Canned garbanzo beans, drained	7 ¼ oz	1 ⅞ cups (¾ No. 300 can)	14 ½ oz	2 ¼ cups (1 ½ No. 300 cans)	6. Spread 2 lb 7 oz (approximately 1 qt 2 Tbsp) into each pan (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.  CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours.  Cover. Refrigerate until ready to serve.
7. Portion with No. 12 scoop (⅓ cup).					

\* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Carrots	8 oz	1 lb
Tomatoes	4 oz	8 oz
Cucumbers	4 oz	8 oz

SERVING:	YIELD:	VOLUME:
⅓ cup (No. 12 scoop) provides ¼ cup of vegetable and the equivalent of ¼ slice of bread.	<b>25 Servings:</b> 4 lb 14 oz <b>50 Servings:</b> 9 lb 12 oz	<b>25 Servings:</b> 2 quarts ¼ cup <b>50 Servings:</b> 1 gallon ½ cup

Tested 2004

Nutrients Per Serving			
<b>Calories</b>	75	<b>Saturated Fat</b>	0.13 g
<b>Protein</b>	1.91 g	<b>Cholesterol</b>	0 mg
<b>Carbohydrate</b>	15.12 g	<b>Vitamin A</b>	2684 IU
<b>Total Fat</b>	0.83 g	<b>Vitamin C</b>	4.5 mg
		<b>Iron</b>	0.93 mg
		<b>Calcium</b>	12 mg
		<b>Sodium</b>	128 mg
		<b>Dietary Fiber</b>	1.4 g

# Submarine Sandwich Dressing

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Cornstarch		1 Tbsp		2 Tbsp	1. In a pot, dissolve cornstarch in cold water. 2. Add carrots, onions, and celery leaf (optional). Heat to a boil, stirring continuously. Simmer for 3 minutes until thickened.
Water, cold		1 cup		2 cups	
*Fresh carrots, peeled, minced		½ cup	2 ½ oz	¾ cup	3. Turn off heat and let set for 5 minutes. 4. Add sugar, pepper, parsley, oregano, basil, granulated garlic, and vinegar. Whisk to combine. 5. Slowly whisk oil into dressing. 6. Chill overnight to develop flavor. Refrigerate until ready to serve. 7. Portion with 1 oz ladle (2 Tbsp).
*Fresh onions, chopped OR Dehydrated onions		¼ cup OR 2 Tbsp	2 ½ oz	¼ cup 3 Tbsp OR ¼ cup	
Celery leaf, minced (optional)		¼ cup		½ cup	
Sugar		1 Tbsp		2 Tbsp	
Ground black or white pepper		½ tsp		1 tsp	
Dried parsley		1 Tbsp		2 Tbsp	
Dried oregano		½ tsp		1 tsp	
Dried basil		1 ½ tsp		1 Tbsp	
Granulated garlic		1 Tbsp		2 Tbsp	
Cider vinegar		¾ cup		1 ½ cups	
Vegetable oil		1 ½ cups		3 cups	

\* See Marketing Guide

## Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Carrots	2 oz	4 oz
Mature onions	2 oz	4 oz

# Submarine Sandwich Dressing

Salads and Salad Dressings

E-03

**SERVING:**

2 tablespoons (1 oz ladle).

**YIELD:**

**25 Servings:** 1 lb 13 oz

**50 Servings:** 3 lb 10 oz

**VOLUME:**

**25 Servings:** 3 cups 2 Tablespoons

**50 Servings:** 1 quart 2 ¼ cups

Edited 2004

**Special Tip:**

Add imitation bacon bits and serve dressing hot over spinach or lettuce.

**Nutrients Per Serving**

<b>Calories</b>	123	<b>Saturated Fat</b>	1.82 g	<b>Iron</b>	0.16 mg
<b>Protein</b>	0.12 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	5 mg
<b>Carbohydrate</b>	1.85 g	<b>Vitamin A</b>	336 IU	<b>Sodium</b>	2 mg
<b>Total Fat</b>	13.10 g	<b>Vitamin C</b>	0.3 mg	<b>Dietary Fiber</b>	0.2 g

# Three Bean Salad

Vegetable

Salads and Salad Dressings

E-04

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned kidney beans, drained	9 oz	1 ½ cups (½ No. 2-½ can)	1 lb 2 oz	3 cups (1 No. 2-½ can)	1. Rinse kidney beans in cold water and drain well. 2. Combine kidney beans, wax beans, green beans, onions, and green pepper (optional).
Canned wax beans, drained	7 ½ oz	1 ½ cups (½ No. 2-½ can)	15 oz	3 cups (1 No. 2-½ can)	
Canned cut green beans, drained	1 lb 2 ¾ oz	3 ¾ cups (1 ¼ No. 2-½ cans)	2 lb 5 ½ oz	1 qt 3 ½ cups (2 ½ No. 2-½ cans)	3. Dressing: Combine vegetable oil, vinegar, sugar, basil, pepper, and granulated garlic. Mix or shake in a jar until well blended.
*Fresh white or red onions, chopped OR Dehydrated onions		¼ cup  OR 2 ¼ tsp	3 oz	½ cup  OR 1 Tbsp 1 ½ tsp	
*Fresh green pepper, chopped (optional)	3 ¼ oz	½ cup 2 Tbsp	6 ½ oz	1 ¼ cups	4. Pour dressing over beans. Toss lightly to combine and coat evenly. Spread 2 lb 14 ¼ oz (approximately 1 qt 2 ½ cups) into each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings use 2 pans. 5. CCP: Cool to 41° F or lower within 4 hours.  Cover. Refrigerate until ready to serve. 6. Mix lightly before serving.  Portion with No. 16 scoop (¼ cup).
Vegetable oil		½ cup		⅔ cup	
White vinegar		⅓ cup		⅔ cup	
Sugar		1 Tbsp 2 tsp		⅓ cup	
Dried basil		1 ½ tsp		1 Tbsp	
Ground black or white pepper		½ tsp		1 tsp	
Granulated garlic		½ tsp		1 tsp	

# Three Bean Salad

Vegetable

Salads and Salad Dressings

E-04

\* See Marketing Guide

## Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	2 oz	4 oz
Green pepper (optional)	4 oz	8 oz

### SERVING:

¼ cup (No. 16 scoop) provides ¼ cup of vegetable.

### YIELD:

**25 Servings:** 2 lb 14 ¼ oz

**50 Servings:** 5 lb 12 ½ oz

### VOLUME:

**25 Servings:** 1 quart 2 ½ cups  
1 pan

**50 Servings:** 3 quarts 1 cup  
2 pans

Edited 2004

## Nutrients Per Serving

<b>Calories</b>	47	<b>Saturated Fat</b>	0.42 g	<b>Iron</b>	0.43 mg
<b>Protein</b>	0.92 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	12 mg
<b>Carbohydrate</b>	4.60 g	<b>Vitamin A</b>	87 IU	<b>Sodium</b>	110 mg
<b>Total Fat</b>	2.98 g	<b>Vitamin C</b>	1.6 mg	<b>Dietary Fiber</b>	0.9 g

# Carrot-Raisin Salad

Vegetable/Fruit

Salads and Salad Dressings

E-05

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh carrots, coarsely shredded	1 lb 10 oz	1 qt 3 ⅓ cups	3 lb 4 oz	3 qt 3 ⅓ cups	1. Place carrots and raisins in large bowl.
Raisins	12 oz	2 ¼ cups	1 lb 8 oz	1 qt ½ cup	
Instant nonfat dry milk, reconstituted		¼ cup		½ cup	2. Dressing: In a separate bowl, combine milk, salad dressing or mayonnaise, salt, nutmeg (optional), and lemon juice (optional).
Reduced calorie salad dressing	8 oz	1 cup	1 lb	2 cups	
OR Lowfat mayonnaise	OR 8 oz	OR 1 cup	OR 1 lb	OR 2 cups	
Salt		¼ tsp		½ tsp	
Ground nutmeg (optional)		¼ tsp		½ tsp	
Lemon juice (optional)		1 Tbsp		2 Tbsp	3. Pour dressing over carrots and raisins. Mix lightly. Spread 3 lb (approximately 1 qt 2 ½ cups) in each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.  4. CCP: Cool to 41° F or lower within 4 hours.  Cover. Refrigerate until ready to serve.  5. Mix lightly before serving.  Portion with No. 16 scoop (¼ cup).

\* See Marketing Guide

## Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Carrots	2 lb	4 lb

SERVING:	YIELD:	VOLUME:
¼ cup (No. 16 scoop) provides ¼ cup of vegetable and fruit.	<b>25 Servings:</b> 3 lb	<b>25 Servings:</b> 1 quart 2 ½ cups 1 pan
	<b>50 Servings:</b> 6 lb	<b>50 Servings:</b> 3 quarts 1 cup 2 pans

# Carrot-Raisin Salad

Vegetable/Fruit

Salads and Salad Dressings

E-05

Edited 2004

Nutrients Per Serving			
<b>Calories</b>	78	<b>Saturated Fat</b>	0.31 g
<b>Protein</b>	0.88 g	<b>Cholesterol</b>	4 mg
<b>Carbohydrate</b>	15.91 g	<b>Vitamin A</b>	8301 IU
<b>Total Fat</b>	1.84 g	<b>Vitamin C</b>	3.2 mg
		<b>Iron</b>	0.49 mg
		<b>Calcium</b>	18 mg
		<b>Sodium</b>	117 mg
		<b>Dietary Fiber</b>	1.5 g

# Thousand Island Dressing

Ingredients	Pint		Quart		Directions
	Weight	Measure	Weight	Measure	
Reduced calorie salad dressing OR Lowfat mayonnaise	11 oz OR 11 oz	1 ¼ cups 2 Tbsp OR 1 ¼ cups 2 Tbsp	1 lb 6 oz OR 1 lb 6 oz	2 ¾ cups OR 2 ¾ cups	1. Combine salad dressing or mayonnaise and catsup. Blend well.
Catsup	4 ¼ oz	¼ cup 2 Tbsp	8 ½ oz	¾ cup 1 Tbsp	
Sweet pickle relish, undrained		2 Tbsp		¼ cup	2. Add pickle relish, onions, chopped eggs (optional), and pimientos (optional). Mix well.
Dehydrated onions		¾ tsp		1 ½ tsp	3. CCP: Cool to 41° F or lower within 4 hours.  Cover. Refrigerate until ready to serve. For best results, refrigerate overnight to develop flavor.
Fresh large eggs, hard-cooked, peeled, chilled, finely chopped (optional)		1 each		2 each	4. Stir or shake well before serving.  Portion with 1 oz ladle (2 Tbsp).
Canned pimientos, chopped, drained (optional)		1 Tbsp		2 Tbsp	

SERVING:	YIELD:	VOLUME:
2 tablespoons (1 oz ladle).	<b>1 Pint</b> 16 1 oz servings	<b>1 Pint</b>
	<b>1 Quart</b> 32 1 oz servings	<b>1 Quart</b>

Edited 2004

# Thousand Island Dressing

Nutrients Per Serving					
<b>Calories</b>	62	<b>Saturated Fat</b>	0.61 g	<b>Iron</b>	0.19 mg
<b>Protein</b>	0.26 g	<b>Cholesterol</b>	8 mg	<b>Calcium</b>	4 mg
<b>Carbohydrate</b>	7.14 g	<b>Vitamin A</b>	89 IU	<b>Sodium</b>	277 mg
<b>Total Fat</b>	3.74 g	<b>Vitamin C</b>	1.2 mg	<b>Dietary Fiber</b>	0.3 g

# Chicken or Turkey Salad

Meat

Salads and Salad Dressings

E-07

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Cooked chicken or turkey, chopped	3 lb 3 oz	2 qt 2 cups	6 lb 6 oz	1 gal 1 qt	1. Combine chicken or turkey, celery, onions, pickle relish, pepper, and dry mustard. Add salad dressing or mayonnaise. Mix lightly until well blended. Spread 2 lb 12 ¼ oz (approximately 1 qt 2 ¼ cups) into each pan (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.  2. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours.  Cover. Refrigerate until service.  3. Mix lightly before serving.  Portion with No. 8 scoop (½ cup).
*Fresh celery, chopped	11 oz	2 ½ cups 2 Tbsp	1 lb 6 oz	1 qt 1 ¼ cups	
*Fresh onions, chopped OR Dehydrated onions	6 oz	1 cup OR 3 Tbsp	12 oz OR 2 ¼ oz	2 cups OR ½ cup	
Sweet pickle relish, undrained	7 ½ oz	¾ cup 2 Tbsp	15 oz	1 ¾ cups	
Ground black or white pepper		1 tsp		2 tsp	
Dry mustard		2 ¼ tsp		1 Tbsp 1 ½ tsp	
Reduced calorie salad dressing OR Lowfat mayonnaise	13 oz OR 13 oz	1 ½ cups 2 Tbsp OR 1 ½ cups 2 Tbsp	1 lb 10 oz OR 1 lb 10 oz	3 ¼ cups OR 3 ¼ cups	

\* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Chicken, whole, without neck and giblets OR	8 lb 14 oz OR	17 lb 12 oz OR
Turkey, whole, without neck and giblets	6 lb 13 oz	13 lb 10 oz
Celery	14 oz	1 lb 12 oz

# Chicken or Turkey Salad

Meat

Salads and Salad Dressings

E-07

Mature onions	7 oz	14 oz
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**SERVING:**

½ cup (No. 8 scoop) provides 2 oz of cooked poultry.

**YIELD:**

**25 Servings:** 5 lb 8 ½ oz

**50 Servings:** 11 lb 1 oz

**VOLUME:**

**25 Servings:** 3 quarts ½ cup  
2 pans

**50 Servings:** 1 gallon 2 ¼ quarts  
4 pans

Edited 2004

**Special Tip:**

Serve on salad greens or in sandwiches.

**Nutrients Per Serving**

<b>Calories</b>	166	<b>Saturated Fat</b>	1.68 g	<b>Iron</b>	0.96 mg
<b>Protein</b>	17.02 g	<b>Cholesterol</b>	58 mg	<b>Calcium</b>	17 mg
<b>Carbohydrate</b>	7.46 g	<b>Vitamin A</b>	69 IU	<b>Sodium</b>	261 mg
<b>Total Fat</b>	7.29 g	<b>Vitamin C</b>	1.4 mg	<b>Dietary Fiber</b>	0.6 g

# Pasta-Vegetable Salad

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		3 qt 2 cups		1 gal 3 qt	1. Heat water to rolling boil. Add the salt.
Salt		1 Tbsp 1 ½ tsp		3 Tbsp	
Enriched pasta spirals OR Enriched pasta shells medium	12 oz OR 1 lb	1 qt 2 Tbsp OR 1 qt 2 ⅞ cups	1 lb 8 oz OR 2 lb	2 qt ¼ cup OR 3 qt ¼ cup	2. Slowly add pasta spirals or shells while stirring constantly until water boils again. Cook for 8-10 minutes. Drain well. Rinse under cold water. Drain well.
Frozen mixed vegetables, thawed and drained OR Canned mixed vegetables, drained	1 lb 7 oz OR 1 lb 2 ½ oz	3 cups OR 3 ¼ cups (1 No. 2-½ can)	2 lb 14 oz OR 2 lb 5 oz	1 qt 2 cups OR 1 qt 2 ½ cups (2 No. 2-½ cans)	3. In a bowl, combine pasta, mixed vegetables, broccoli, pepper, and salt. Shake dressing. Pour over pasta and vegetables. Toss lightly to combine and coat evenly. Spread 2 lb 6 oz (approximately 1 qt 2 ¼ cups) into each pan (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.
Frozen chopped broccoli, thawed and drained	11 oz	1 ½ cups 2 Tbsp	1 lb 6 oz	3 ¼ cups	
Ground black or white pepper		½ tsp		1 tsp	
Salt		½ tsp		1 tsp	
Italian Dressing (see E-17)		1 cup		2 cups	
					4. CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until ready to serve.
					5. Mix lightly before serving. Portion with No. 8 scoop (½ cup).

SERVING:	YIELD:	VOLUME:
½ cup (No. 8 scoop) provides ⅛ cup of vegetable and the equivalent of ½ slice of bread.	<b>25 Servings:</b> 4 lb 12 oz	<b>25 Servings:</b> 3 quarts ½ cup 2 pans
	<b>50 Servings:</b> 9 lb 8 oz	<b>50 Servings:</b> 1 gallon 2 ¼ quarts 4 pans

Tested 2004

# Pasta-Vegetable Salad

Vegetable-Grains/Breads

Salads and Salad Dressings

E-08

## Nutrients Per Serving

<b>Calories</b>	137	<b>Saturated Fat</b>	1.05 g	<b>Iron</b>	0.95 mg
<b>Protein</b>	3.22 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	16 mg
<b>Carbohydrate</b>	16.16 g	<b>Vitamin A</b>	1506 IU	<b>Sodium</b>	137 mg
<b>Total Fat</b>	6.99 g	<b>Vitamin C</b>	11.7 mg	<b>Dietary Fiber</b>	2.1 g

# Cole Slaw

Vegetable

Salads and Salad Dressings

E-09

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh cabbage, coarsely chopped	1 lb 13 ½ oz	3 qt	3 lb 11 oz	1 gal 2 qt	1. Place cabbage, carrots, and peppers (optional) in large bowl and toss lightly to mix.  2. Dressing: In a separate bowl, combine salad dressing or mayonnaise, sugar, celery seed, dry mustard, and vinegar.  3. Pour dressing over vegetables. Mix thoroughly. Spread 2 lb 9 ½ oz (approximately 1 qt 2 ¼ cups) into each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.  4. CCP: Cool to 41° F or lower within 4 hours.  Cover. Refrigerate until ready to serve.  5. Mix lightly before serving.  Portion with No. 16 scoop (¼ cup).
*Fresh carrots, finely shredded	3 oz	¾ cup 2 Tbsp	6 oz	1 ¾ cups	
*Fresh green pepper, chopped (optional)		¼ cup	2 ½ oz	½ cup	
Reduced calorie salad dressing	7 oz	¾ cup 2 Tbsp	14 oz	1 ¾ cups	
OR Lowfat mayonnaise	OR 7 oz	OR ¾ cup 2 Tbsp	OR 14 oz	OR 1 ¾ cups	
Sugar		1 Tbsp		2 Tbsp	
Celery seed		1 tsp		2 tsp	
Dry mustard		½ tsp		1 tsp	
White vinegar		1 Tbsp		2 Tbsp	

\* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Cabbage	2 lb 2 oz	4 lb 4 oz
Carrots	4 oz	8 oz
Green peppers	2 oz	4 oz

# Cole Slaw

Vegetable

Salads and Salad Dressings

E-09

**SERVING:**

¼ cup (No. 16 scoop) provides ¼ cup of vegetable.

**YIELD:**

**25 Servings:** 2 lb 9 ½ oz

**50 Servings:** 5 lb 3 oz

**VOLUME:**

**25 Servings:** 1 quart 2 ¼ cups  
1 pan

**50 Servings:** 3 quarts ½ cup  
2 pans

Edited 2004

Special Tips:

1) For best results, shred cabbage and store overnight; add dressing just before serving.

2) If recipe is prepared in advance, the yield will be reduced.

**Nutrients Per Serving**

<b>Calories</b>	33	<b>Saturated Fat</b>	0.26 g	<b>Iron</b>	0.30 mg
<b>Protein</b>	0.60 g	<b>Cholesterol</b>	3 mg	<b>Calcium</b>	19 mg
<b>Carbohydrate</b>	4.52 g	<b>Vitamin A</b>	1005 IU	<b>Sodium</b>	78 mg
<b>Total Fat</b>	1.63 g	<b>Vitamin C</b>	11.1 mg	<b>Dietary Fiber</b>	1.0 g

# Macaroni Salad

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		1 gal 2 qt		3 gal	1. Heat water to rolling boil. Add the salt.
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Enriched elbow macaroni	1 lb 5 oz	1 qt $\frac{5}{8}$ cup	2 lb 10 oz	2 qt 1 $\frac{1}{4}$ cups	2. Slowly add macaroni. Stir constantly, until water boils again. Cook for 10-12 minutes or until tender. Stir occasionally. Drain well. Rinse under cold water. Drain well.
Reduced calorie salad dressing OR Lowfat mayonnaise	12 oz OR 12 oz	1 $\frac{1}{2}$ cups OR 1 $\frac{1}{2}$ cups	1 lb 8 oz OR 1 lb 8 oz	3 cups OR 3 cups	
*Fresh carrots, shredded	4 oz	1 $\frac{1}{4}$ cups	8 oz	2 $\frac{1}{2}$ cups	4. Add carrots, celery, onions, pickle relish, pepper, dry mustard, salt and paprika. Toss lightly. Spread 1 lb 14 $\frac{3}{4}$ oz (approximately 1 qt 2 $\frac{1}{4}$ cups) into each pan (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.
*Fresh celery, chopped	4 oz	1 cup	8 oz	2 cups	
*Fresh onions, chopped	2 oz	$\frac{1}{3}$ cup	4 oz	$\frac{2}{3}$ cup	
Sweet pickle relish, undrained	2 oz	$\frac{1}{4}$ cup	4 oz	$\frac{1}{2}$ cup	
Ground black or white pepper		$\frac{1}{2}$ tsp		1 tsp	
Dry mustard		1 $\frac{1}{2}$ tsp		1 Tbsp	
Salt		$\frac{1}{2}$ tsp		1 tsp	
Paprika		$\frac{3}{4}$ tsp		1 $\frac{1}{2}$ tsp	
					5. CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until ready to serve.
					6. Garnish with paprika. Portion with No. 8 scoop ( $\frac{1}{2}$ cup).

# Macaroni Salad

Grains/Breads

Salads and Salad Dressings

E-10

\* See Marketing Guide

## Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Carrots	5 oz	10 oz
Celery	5 oz	10 oz
Mature onions	3 oz	6 oz

### SERVING:

½ cup (No. 8 scoop) provides the equivalent of 1 slice of bread.

### YIELD:

**25 Servings:** 3 lb 13 ½ oz

**50 Servings:** 7 lb 11 oz

### VOLUME:

**25 Servings:** 3 quarts ½ cup  
2 pans

**50 Servings:** 1 gallon 2 ¼ quarts  
4 pans

Edited 2004

## Nutrients Per Serving

<b>Calories</b>	144	<b>Saturated Fat</b>	0.49 g	<b>Iron</b>	1.18 mg
<b>Protein</b>	3.67 g	<b>Cholesterol</b>	6 mg	<b>Calcium</b>	10 mg
<b>Carbohydrate</b>	25.03 g	<b>Vitamin A</b>	1331 IU	<b>Sodium</b>	263 mg
<b>Total Fat</b>	3.10 g	<b>Vitamin C</b>	1.0 mg	<b>Dietary Fiber</b>	1.6 g

# Macaroni and Ham Salad

Meat-Grains/Breads

Salads and Salad Dressings

E-10A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		1 gal 2 qt		3 gal	1. Heat water to rolling boil. Add the salt.
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Enriched elbow macaroni	1 lb 5 oz	1 qt $\frac{5}{8}$ cup	2 lb 10 oz	2 qt 1 $\frac{1}{4}$ cups	2. Slowly add macaroni. Stir constantly, until water boils again. Cook for 10-12 minutes or until tender. Stir occasionally. Drain well. Rinse under cold water. Drain well.
Reduced calorie salad dressing	12 oz	1 $\frac{1}{2}$ cups	1 lb 8 oz	3 cups	3. In a bowl, combine macaroni and salad dressing or mayonnaise. Mix.
OR Lowfat mayonnaise	OR 12 oz	OR 1 $\frac{1}{2}$ cups	OR 1 lb 8 oz	OR 3 cups	
Cooked ham, water added, diced	1 lb 14 $\frac{1}{2}$ oz	1 qt 1 $\frac{3}{4}$ cups	3 lb 13 oz	2 qt 3 $\frac{1}{2}$ cups	4. Add ham, carrots, celery, onions, pickle relish, pepper, dry mustard, salt, and paprika. Toss lightly. Spread 2 lb 13 $\frac{3}{4}$ oz (approximately 2 qt $\frac{1}{4}$ cup) into each pan (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.
*Fresh carrots, shredded	4 oz	1 $\frac{1}{4}$ cups	8 oz	2 $\frac{1}{2}$ cups	
*Fresh celery, chopped	4 oz	1 cup	8 oz	2 cups	
*Fresh onions, chopped	2 oz	$\frac{1}{3}$ cup	4 oz	$\frac{2}{3}$ cup	
Sweet pickle relish, undrained	2 oz	$\frac{1}{4}$ cup	4 oz	$\frac{1}{2}$ cup	
Ground black or white pepper		$\frac{1}{2}$ tsp		1 tsp	
Dry mustard		1 $\frac{1}{2}$ tsp		1 Tbsp	
Salt		$\frac{1}{2}$ tsp		1 tsp	
Paprika		$\frac{3}{4}$ tsp		1 $\frac{1}{2}$ tsp	
					5. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours.
					Cover. Refrigerate until ready to serve.
					6. Garnish with paprika.
					Portion with No. 6 scoop ( $\frac{2}{3}$ cup).

# Macaroni and Ham Salad

Meat-Grains/Breads

Salads and Salad Dressings

E-10A

\* See Marketing Guide

## Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Carrots	5 oz	10 oz
Celery	5 oz	10 oz
Mature onions	3 oz	6 oz

### SERVING:

$\frac{2}{3}$  cup (No. 6 scoop) provides 1 oz of cooked lean meat and the equivalent of 1 slice of bread.

### YIELD:

**25 Servings:** 5 lb 11  $\frac{1}{2}$  oz

**50 Servings:** 11 lb 7 oz

### VOLUME:

**25 Servings:** 1 gallon  $\frac{1}{2}$  cup  
2 pans

**50 Servings:** 2 gallons 1 cup  
4 pans

Edited 2004

## Nutrients Per Serving

<b>Calories</b>	191	<b>Saturated Fat</b>	0.94 g	<b>Iron</b>	1.64 mg
<b>Protein</b>	9.40 g	<b>Cholesterol</b>	22 mg	<b>Calcium</b>	223 mg
<b>Carbohydrate</b>	25.31 g	<b>Vitamin A</b>	1331 IU	<b>Sodium</b>	677 mg
<b>Total Fat</b>	5.66 g	<b>Vitamin C</b>	1.0 mg	<b>Dietary Fiber</b>	1.5 g

# Broccoli Salad

Vegetable/Fruit

Salads and Salad Dressings

E-11

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Reduced calorie salad dressing OR Lowfat mayonnaise	8 oz OR 8 oz	1 cup OR 1 cup	1 lb OR 1 lb	2 cups OR 2 cups	1. Dressing: Combine salad dressing or mayonnaise, sugar, vinegar, and milk. Mix well.
Sugar	4 oz	½ cup	8 oz	1 cup	
White vinegar		1 Tbsp		2 Tbsp	
Lowfat 1% milk		1 Tbsp		2 Tbsp	
*Fresh broccoli, chopped	1 lb 1 oz	1 qt 1 ½ cups	2 lb 2 oz	2 qt 3 cups	2. Add dressing to chopped broccoli.
Raisins	10 oz	1 ¾ cups 2 Tbsp	1 lb 4 oz	3 ¾ cups	3. Add raisins, walnuts (optional), and onions (optional) to broccoli mixture. Stir to coat all pieces with dressing. Spread 2 lb 8 oz (approximately 1 qt 2 ¼ cups) into each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 Servings, use 2 pans.
Walnuts, chopped (optional)	4 oz	¾ cup 3 Tbsp	8 oz	1 ¾ cups 3 Tbsp	
Red onions, sliced (optional)		¼ cup	3 oz	½ cup	4. CCP: Cool to 41° F or lower within 4 hours.  Cover. Refrigerate until ready to serve.
					5. Mix lightly before serving.  Portion with No. 16 scoop (¼ cup).

\* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Broccoli	1 lb 5 oz	2 lb 10 oz

SERVING:	YIELD:	VOLUME:
¼ cup (No. 16 scoop) provides ¼ cup of vegetable and fruit.	<b>25 Servings:</b> 2 lb 8 oz	<b>25 Servings:</b> 1 quart 2 ¼ cups 1 pan
	<b>50 Servings:</b> 5 lb	<b>50 Servings:</b> 3 quarts ½ cup 2 pans

# Broccoli Salad

Vegetable/Fruit

Salads and Salad Dressings

E-11

Tested 2004

Nutrients Per Serving					
<b>Calories</b>	89	<b>Saturated Fat</b>	0.45 g	<b>Iron</b>	0.45 mg
<b>Protein</b>	1.02 g	<b>Cholesterol</b>	3 mg	<b>Calcium</b>	16 mg
<b>Carbohydrate</b>	16.55 g	<b>Vitamin A</b>	304 IU	<b>Sodium</b>	83 mg
<b>Total Fat</b>	2.74 g	<b>Vitamin C</b>	18.3 mg	<b>Dietary Fiber</b>	1.0 g

# Potato Salad

Vegetable

Salads and Salad Dressings

E-12

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Fresh potatoes, as purchased	4 lb 11 oz		9 lb 6 oz		1. Boil potatoes in water for 30-45 minutes until tender. Cool, peel, and dice into ½" cubes. 2. Add all other ingredients. Mix lightly until well blended. Spread 2 lb 12 ½ oz (approximately 2 qt ¼ cup) into each pan (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.
*Fresh celery, chopped	9 oz	2 cups 2 Tbsp	1 lb 2 oz	1 qt ¼ cup	
*Fresh onions, chopped OR Dehydrated onions	3 ¾ oz	1/2 cup 2 Tbsp OR ¼ cup	7 ½ oz OR 1 ½ oz	1 ¼ cups OR ½ cup	
Sweet pickle relish, undrained	3 oz	½ cup	6 oz	¾ cup	
Fresh large eggs, hard-cooked, peeled, chilled, chopped (optional)		6 each		12 each	
Reduced calorie salad dressing OR Lowfat mayonnaise	13 oz OR 13 oz	1 ½ cups OR 1 ½ cups	1 lb 10 oz OR 1 lb 10 oz	3 cups OR 3 cups	
Salt		1 ½ tsp		1 Tbsp	
Ground black or white pepper		½ tsp		1 tsp	
Dry mustard		1 ½ tsp		1 Tbsp	
					3. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours.  Cover. Refrigerate until ready to serve.
					4. Portion with No. 6 scoop (¾ cup).

\* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Celery	11 oz	1 lb 6 oz
Mature onions	5 oz	10 oz

# Potato Salad

Vegetable

Salads and Salad Dressings

E-12

**SERVING:**

$\frac{2}{3}$  cup (No. 6 scoop) provides  $\frac{1}{2}$  cup of vegetable.

**YIELD:**

**25 Servings:** 5 lb 9 oz

**50 Servings:** 11 lb 2 oz

**VOLUME:**

**25 Servings:** 1 gallon  $\frac{1}{2}$  cup  
2 pans

**50 Servings:** 2 gallons 1 cup  
4 pans

Tested 2004

**Nutrients Per Serving**

<b>Calories</b>	102	<b>Saturated Fat</b>	0.48 g	<b>Iron</b>	0.38 mg
<b>Protein</b>	1.46 g	<b>Cholesterol</b>	6 mg	<b>Calcium</b>	10 mg
<b>Carbohydrate</b>	17.99 g	<b>Vitamin A</b>	26 IU	<b>Sodium</b>	309 mg
<b>Total Fat</b>	2.90 g	<b>Vitamin C</b>	9.2 mg	<b>Dietary Fiber</b>	1.6 g

# Taco Salad

Meat/Meat Alternate-Vegetable-Grains/Breads

Salads and Salad Dressings

E-13

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	3 lb 3 oz		6 lb 6 oz		1. Brown ground beef. Drain. Continue immediately.
*Fresh onions, chopped OR Dehydrated onions	2 ½ oz	¼ cup 3 Tbsp OR ¼ cup	5 oz OR 1 oz	¾ cup 2 Tbsp OR ½ cup	2. Add onions, salt, granulated garlic, pepper, tomato paste, water, Chili powder, cumin, paprika, and onion powder. Blend well. Bring to boil. Reduce heat. Simmer for 25-30 minutes.  CCP: Heat to 155° F or higher for 15 seconds.  CCP: Hold for hot service at 135° F or higher.
Salt		1 Tbsp		2 Tbsp	
Granulated garlic		2 ¼ tsp		1 Tbsp 1 ½ tsp	
Ground black or white pepper		1 tsp		2 tsp	
Canned tomato paste	7 oz	¾ cup 1 ½ tsp (¼ No. 2-½ can)	14 oz	1 ½ cups 1 Tbsp (½ No. 2-½ can)	
Water		2 ½ cups		1 qt 1 cup	
Chili powder		1 Tbsp		2 Tbsp	
Ground cumin		2 ¼ tsp		1 Tbsp 1 ½ tsp	
Paprika		¾ tsp		1 ½ tsp	
Onion powder		¾ tsp		1 ½ tsp	
*Fresh lettuce, shredded	2 lb	1 gal	4 lb	2 gal	3. Combine lettuce and tomatoes. Toss lightly. Refrigerate until ready to serve.
*Fresh tomatoes, diced, chilled	14 ½ oz	2 cups	1 lb 13 oz	1 qt	
Enriched taco shell pieces OR Enriched tostada shells (at least 0.9 oz each)	1 lb 6 ½ oz OR 1 lb 6 ½ oz	3 qt 1 cup OR 25 each	2 lb 13 oz OR 2 lb 13 oz	1 gal 2 ½ qt OR 50 each	
Reduced fat Cheddar cheese, shredded	13 oz	3 ¼ cups	1 lb 10 oz	1 qt 2 ½ cups	

# Taco Salad

4. Portion is 1 salad.

Serving suggestions:

A. Assemble each salad as follows, or in preferred order:

1st layer: at least 0.9 oz (approximately ½ cup) taco shell pieces or 1 tostada shell

2nd layer: 1 ¾ oz (approximately ¾ cup) lettuce and tomato mixture

3rd layer: No. 12 scoop (⅓ cup) meat mixture

4th layer: ½ oz (2 Tbsp) shredded cheese

OR

B. (1) Preportion 1 ¾ oz (approximately ¾ cup) lettuce and tomato mixture and ½ oz (2 Tbsp) shredded cheese into individual soufflé cups. Refrigerate until ready to serve.

(2) Transfer meat mixture and taco shell pieces or tostada shells into pans. Serve at least 0.9 oz (approximately ½ cup) taco shell pieces or 1 tostada shell. Top with No. 12 scoop (⅓ cup) meat mixture. Add 1 preportioned soufflé cup of lettuce and tomato mixture and 1 preportioned soufflé cup of shredded cheese. Instruct children how to "build" their own taco salad.

\* See Marketing Guide

## Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	3 oz	6 oz
Head lettuce	2 lb 11 oz	5 lb 6 oz
Tomatoes	1 lb 1 oz	2 lb 2 oz

# Taco Salad

Meat/Meat Alternate-Vegetable-Grains/Breads

Salads and Salad Dressings

E-13

SERVING:	YIELD:	VOLUME:
1 salad provides the equivalent of 2 oz of cooked lean meat, ¼ cup of vegetable, and the equivalent of 1 slice of bread.	<b>25 Servings:</b> 8 lb 15 ½ oz	<b>25 Servings:</b> 2 quarts ¼ cup (meat filling) 25 salads
	<b>50 Servings:</b> 17 lb 15 oz	<b>50 Servings:</b> 1 gallon ½ cup (meat filling) 50 salads

Edited 2004

Special Tip:  
If desired, serve with Taco Sauce.

Nutrients Per Serving			
<b>Calories</b>	296	<b>Saturated Fat</b>	5.77 g
<b>Protein</b>	18.36 g	<b>Cholesterol</b>	46 mg
<b>Carbohydrate</b>	20.19 g	<b>Vitamin A</b>	675 IU
<b>Total Fat</b>	16.16 g	<b>Vitamin C</b>	9.6 mg
		<b>Iron</b>	2.50 mg
		<b>Calcium</b>	201 mg
		<b>Sodium</b>	531 mg
		<b>Dietary Fiber</b>	3.2 g

# Waldorf Fruit Salad

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh apples, cored, unpeeled, diced	1 lb 1 oz	1 qt ½ cup	2 lb 2 oz	2 qt 1 cup	1. Sprinkle apples with lemon juice to prevent discoloration.
Lemon juice		2 Tbsp		¼ cup	
Canned mixed fruit, chilled, drained	1 lb 10 oz	3 ½ cups (1 ½ No. 2-½ cans)	3 lb 4 oz	1 qt 3 cups (3 No. 2-½ cans)	2. Combine apples, mixed fruit, celery (optional), raisins (optional), salad dressing or mayonnaise, and nutmeg (optional). Mix lightly to combine. Spread 3 lb 7 oz (approximately 2 qt) into each pan (9" x 13" x 2"). For 24 servings, use 1 pan. For 48 servings, use 2 pans.
*Fresh celery, chopped (optional)	3 ¾ oz	1 cup	7 ½ oz	2 cups	
Raisins (optional)	5 oz	1 cup	10 oz	2 cups	3. CCP: Cool to 41° F or lower within 4 hours.  Cover. Refrigerate until ready to serve.
Reduced calorie salad dressing OR Lowfat mayonnaise	3 oz OR 3 oz	¼ cup 2 Tbsp OR ¼ cup 2 Tbsp	6 oz OR 6 oz	¾ cup OR ¾ cup	
Ground nutmeg (optional)		¼ tsp		½ tsp	4. Add walnuts before service. Toss lightly. For best results, use same day.
Chopped walnuts	4 ¼ oz	1 cup	8 ½ oz	2 cups	
					5. Portion with No. 12 scoop (⅓ cup).

\* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	24 Servings	48 Servings
Apples	1 lb 1 oz	2 lb 2 oz
Celery	5 oz	10 oz

# Waldorf Fruit Salad

Fruit

Salads and Salad Dressings

E-14

**SERVING:**

1/3 cup (No. 12 scoop) provides 1/4 cup of fruit.

**YIELD:**

**24 Servings:** 3 lb 7 oz

**48 Servings:** 6 lb 14 oz

**VOLUME:**

**24 Servings:** 2 quarts

**48 Servings:** 1 gallon

Tested 2004

Special Tip:

Red apples make a very attractive salad.

**Nutrients Per Serving**

<b>Calories</b>	73	<b>Saturated Fat</b>	0.43 g	<b>Iron</b>	0.30 mg
<b>Protein</b>	0.98 g	<b>Cholesterol</b>	1 mg	<b>Calcium</b>	9 mg
<b>Carbohydrate</b>	9.48 g	<b>Vitamin A</b>	114 IU	<b>Sodium</b>	34 mg
<b>Total Fat</b>	4.06 g	<b>Vitamin C</b>	2.2 mg	<b>Dietary Fiber</b>	1.4 g

# Dip for Fresh Vegetables

Ingredients	Pint		Quart		Directions
	Weight	Measure	Weight	Measure	
Lowfat plain yogurt	4 $\frac{3}{8}$ oz	$\frac{1}{2}$ cup	8 $\frac{3}{4}$ oz	1 cup	1. Combine all ingredients. Blend well.  2. Cover. Refrigerate until ready to serve. For best results, refrigerate overnight to develop flavor.  3. Portion with 1 oz ladle (2 Tbsp).
Reduced calorie salad dressing	10 oz	1 $\frac{1}{4}$ cups	1 lb 4 oz	2 $\frac{1}{2}$ cups	
OR Lowfat mayonnaise	OR 10 oz	OR 1 $\frac{1}{4}$ cups	OR 1 lb 4 oz	OR 2 $\frac{1}{2}$ cups	
Instant nonfat dry milk, reconstituted		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup	
Dried parsley		1 Tbsp		2 Tbsp	
Granulated garlic		$\frac{3}{8}$ tsp		$\frac{3}{4}$ tsp	
Onion powder		$\frac{3}{8}$ tsp		$\frac{3}{4}$ tsp	
Salt		$\frac{3}{4}$ tsp		1 $\frac{1}{2}$ tsp	
Ground black or white pepper		$\frac{1}{4}$ tsp		$\frac{1}{2}$ tsp	

SERVING:	YIELD:	VOLUME:
2 tablespoons (1 oz ladle).	<b>1 Pint</b> 16 1 oz servings	<b>1 Pint</b>
	<b>1 Quart</b> 32 1 oz servings	<b>1 Quart</b>

Edited 2004

Special Tip:  
Serve with raw vegetables or tossed green salads.

# Dip for Fresh Vegetables

Nutrients Per Serving					
<b>Calories</b>	52	<b>Saturated Fat</b>	0.62 g	<b>Iron</b>	0.19 mg
<b>Protein</b>	0.59 g	<b>Cholesterol</b>	8 mg	<b>Calcium</b>	18 mg
<b>Carbohydrate</b>	4.70 g	<b>Vitamin A</b>	28 IU	<b>Sodium</b>	272 mg
<b>Total Fat</b>	3.49 g	<b>Vitamin C</b>	0.2 mg	<b>Dietary Fiber</b>	0.2 g

# French Dressing

Ingredients	Pint		Quart		Directions
	Weight	Measure	Weight	Measure	
Sugar		1 Tbsp		2 Tbsp	1. Mix together the sugar, salt, dry mustard, and paprika.
Salt		½ tsp		1 tsp	
Dry mustard		¾ tsp		1 ½ tsp	2. Add onions, oil, lemon juice, vinegar, and catsup. Blend in mixer for 3 minutes at medium speed.
Paprika		¾ tsp		1 ½ tsp	
Dehydrated onions		1 ½ tsp		1 Tbsp	
Vegetable oil		1 cup 2 Tbsp		2 ¼ cups	
Lemon juice		¼ cup		½ cup	3. Cover. Refrigerate until ready to serve. For best results, refrigerate overnight to develop flavor.
White vinegar		¼ cup 1 Tbsp		½ cup 2 Tbsp	
Catsup	2 ½ oz	¼ cup	5 oz	½ cup	
					4. Stir or shake well before serving.
					Portion with 1 oz ladle (2 Tbsp).

SERVING:	YIELD:	VOLUME:
2 tablespoons (1 oz ladle).	<b>1 Pint</b> 16 1 oz servings	<b>1 Pint</b>
	<b>1 Quart</b> 32 1 oz servings	<b>1 Quart</b>

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Variation:

A. Honey French Dressing

Pint: In step 1, omit sugar. Use 1 Tbsp honey. Continue with steps 2-5.

Quart: In step 1, omit sugar. Use 2 Tbsp honey. Continue with steps 2-5.

# French Dressing

Nutrients Per Serving					
<b>Calories</b>	146	<b>Saturated Fat</b>	2.14 g	<b>Iron</b>	0.06 mg
<b>Protein</b>	0.14 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	2 mg
<b>Carbohydrate</b>	1.73 g	<b>Vitamin A</b>	105 IU	<b>Sodium</b>	125 mg
<b>Total Fat</b>	15.37 g	<b>Vitamin C</b>	2.1 mg	<b>Dietary Fiber</b>	0.1 g

# Italian Dressing

Ingredients	Pint		Quart		Directions
	Weight	Measure	Weight	Measure	
Chicken or vegetable stock, non-MSG		¾ cup		1 ½ cups	1. Measure chicken or vegetable stock into pot. Add carrots, onions, celery leaf (optional), and cornstarch.  2. Heat to a boil, stirring constantly. Boil for 3 minutes or until thickened.  CCP: Heat to 165° F or higher for at least 15 seconds.  3. Turn off heat and let stand for 5 minutes.
*Fresh carrots, minced		2 Tbsp		¼ cup	
*Fresh onions, minced		2 Tbsp		¼ cup	
Celery leaf (optional)		2 Tbsp		¼ cup	
Cornstarch		1 ½ tsp		1 Tbsp	
Sugar		1 ½ tsp		1 Tbsp	4. Whisk sugar, white pepper, parsley, oregano, basil, garlic, and vinegar into the thickened stock mixture.
Ground black or white pepper		¼ tsp		½ tsp	
Dried parsley		1 ½ tsp		1 Tbsp	
Dried oregano		¼ tsp		½ tsp	
Dried basil		¾ tsp		1 ½ tsp	
Granulated garlic		1 ½ tsp		1 Tbsp	
Cider vinegar		¼ cup 2 Tbsp		¾ cup	
Vegetable oil		¾ cup		1 ½ cups	5. Slowly whisk oil into dressing mixture.  6. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours.  Refrigerate until ready to serve.  For best results, refrigerate overnight to develop flavors.
					7. Portion with 1 oz ladle (2 Tbsp).

# Italian Dressing

\* See Marketing Guide

## Marketing Guide for Selected Items

Food as Purchased for	Pint	Quart
Carrots	1 oz	1 oz
Mature onions	1 oz	1 oz

SERVING:	YIELD:	VOLUME:
2 tablespoons (1 oz ladle).	<b>1 Pint</b> 16 1 oz servings	<b>1 Pint</b>
	<b>1 Quart</b> 32 1 oz servings	<b>1 Quart</b>

Edited 2004

Nutrients Per Serving					
<b>Calories</b>	97	<b>Saturated Fat</b>	1.43 g	<b>Iron</b>	0.13 mg
<b>Protein</b>	0.15 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	4 mg
<b>Carbohydrate</b>	1.61 g	<b>Vitamin A</b>	313 IU	<b>Sodium</b>	8 mg
<b>Total Fat</b>	10.25 g	<b>Vitamin C</b>	0.3 mg	<b>Dietary Fiber</b>	0.1 g

# Ranch Dressing

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Buttermilk		1 ½ cups 2 Tbsp		3 ¼ cups	1. Combine buttermilk and lemon juice in a mixing bowl. Allow mixture to rest for 10 minutes.
Lemon juice		2 tsp		1 Tbsp 1 tsp	
Lowfat plain yogurt	5 oz	½ cup 2 Tbsp	10 oz	1 ¼ cups	2. Using a paddle attachment, blend in the yogurt and sour cream. Let mixture rest for 5 more minutes.
Lowfat sour cream	2 oz	¼ cup	4 oz	½ cup	
Reduced calorie salad dressing	6 ½ oz	¾ cup 1 Tbsp	13 oz	1 ⅔ cups	3. Add salad dressing or mayonnaise, onion powder, granulated garlic, pepper, chives, parsley, and salt. Mix on low speed for 2-3 minutes until blended.
OR Lowfat mayonnaise	OR 6 ½ oz	OR ¾ cup 1 Tbsp	OR 13 oz	OR 1 ⅔ cups	
Onion powder		1 Tbsp		2 Tbsp	4. Chill at least 12 hours before serving to allow to thicken. Refrigerate until service. 5. Portion with 1 oz ladle (2 Tbsp).
Granulated garlic		1 Tbsp		2 Tbsp	
Ground black or white pepper		¼ tsp		½ tsp	
Dried chives		½ tsp		1 tsp	
Dried parsley		1 ½ tsp		1 Tbsp	
Salt		1 tsp		2 tsp	

SERVING:	YIELD:	VOLUME:
2 tablespoons (1 oz ladle).	<b>25 Servings:</b> 1 lb 10 oz	<b>25 Servings:</b> 3 cups 2 Tablespoons
	<b>50 Servings:</b> 3 lb 5 oz	<b>50 Servings:</b> 1 quart 2 ¼ cups

Edited 2004

Special Tip:  
For an excellent vegetable dip, add additional reduced calorie salad dressing or lowfat mayonnaise. For 25 servings, add 4 oz. For 50 servings, add 8 oz.

# Ranch Dressing

Nutrients Per Serving					
<b>Calories</b>	35	<b>Saturated Fat</b>	0.52 g	<b>Iron</b>	0.10 mg
<b>Protein</b>	1.05 g	<b>Cholesterol</b>	5 mg	<b>Calcium</b>	35 mg
<b>Carbohydrate</b>	3.50 g	<b>Vitamin A</b>	26 IU	<b>Sodium</b>	181 mg
<b>Total Fat</b>	1.88 g	<b>Vitamin C</b>	0.5 mg	<b>Dietary Fiber</b>	0.4 g