



RECIPE NAME: Rainbow Carrot Crunch

File No:

Grade Group: K-8, 9-12	HACCP Process: <input type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 50	
Portion Size: ½ cup	
Serving Utensil: #8 scoop	
Servings per Pan:	

Recipe Adapted From:

Wisconsin
Team Nutrition



Ingredients	Weight	Measure	Procedure
Carrots, Rainbow Variety, Raw Spinach, Raw Raisins Orange Juice Cider Vinegar Sugar, Granulated Vegetable Oil	4 lb 1 lb	2 cups 1 ¼ cup ¼ cup 2 Tbsp ¼ cup + 2 Tbsp	<ol style="list-style-type: none"> 1. Wash carrots. Peel and shred. 2. Wash spinach and rip leaves into smaller pieces. 3. Mix raisins with carrots and spinach. 4. In a separate bowl, whisk orange juice, cider vinegar, sugar, and oil. 5. Pour dressing over salad mixture, toss well. <p>CCP: Hold for service at 41°F or lower.</p> <p>Crediting: ¼ c. R/O, ⅛ c. additional vegetable*</p>
Total Yield:		Number of Pans:	
Weight:	Measure (volume):	Pan Size:	

Meal Component Contribution/Nutrition Analysis Based on Portion Size

Specify the grade group in the columns:	Grade Group: K-8, 9-12					Equipment (if not specified in procedures above): DG=Dark Green B/P=Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other
Meat/Meat Alternate						
Vegetable Subgroups <u>*total:</u> ¾ cup	DG	B/P	R/O	S	O	
			¼ c.			
Fruits						
Grains						
Calories:	54					
Saturated Fat (g):	0.27 g					
Sodium (mg):	33.90 mg					