



RECIPE NAME: Super Salad

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: 1 cup	
Serving Utensil: 8 fl oz spoodle	
Servings per Pan:	

Recipe Adapted From:

Alaska School Salad Book



Ingredients	Weight	Measure	Procedure
Oil, Olive		2 ½ cups	<ol style="list-style-type: none"> Combine oil, sugar, vinegar, lemon juice, and salt. Whisk together well to dissolve sugar and salt. In a separate bowl, combine kale, cabbage, carrots, and onions. Pour dressing over salad mixture and toss to evenly coat. Cover and refrigerate at least 12 hours before serving. The acidity of the dressing gently breaks down the kale, making it tender. Just before service, add romaine, blueberries, and almonds. Toss gently before serving. <p>CCP: Cool to 41°F for service.</p> <p>Crediting: ⅛ c. fruit, ¼ c. Other, ¼ c. additional vegetable*</p>
Sugar, Granulated		¼ cup	
Vinegar, White		½ cup	
Juice, Lemon		⅓ cup	
Salt		2 tsp	
Kale, Fresh, Shredded	9 oz	11 ¼ cups	
Cabbage, Red, Fresh, Shredded	2 lb 4 oz	12 ⅓ cups	
Carrots, Shredded	1 lb 2 oz	6 ½ cups	
Onions, Red, Fresh, Thinly Sliced	9 oz	2 cups	
Blueberries, Fresh	2 lb 14 oz	9 cups	
Romaine, Fresh, Shredded	9 oz	9 cups	
Almonds, Sliced	10 oz	2 ½ cups	
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 total: ½ cup*	DG	B/P	R/O	S	O	
					¼ c.	
Fruits	⅛ c.					
Grains						
Calories:	162					
Saturated Fat (g):	1.71 g					
Sodium (mg):	117.0 mg					