



RECIPE NAME: Sweet and Sour Broccoli 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: 100	
Portion Size: ½ cup	
Serving Utensil: #8 scoop	
Servings per Pan:	

Recipe Adapted From:

Team Nutrition



Ingredients	Weight	Measure	Procedure
Broccoli, Florets, Raw Apples, Raw, With Skin Lemon Juice, Canned or Bottled Vinegar, Cider Oil, Olive Sugar, Granulated Mustard, Prepared, Dijon Salt	4 lb 8 oz 4 lb 8 oz	3 cups 1 ½ cups ¾ cup ½ cup 2 Tbsp 1 tsp	<ol style="list-style-type: none"> 1. Wash broccoli. Chop into bite size pieces. 2. Wash and core apples leave skin on. 3. Thinly slice apples using a food processor. Alternately, chop or shred. 4. Combine apples and broccoli in a large bowl, toss well. 5. In a separate bowl whisk together lemon juice, cider vinegar, olive oil, sugar, Dijon mustard, and salt. 6. Pour dressing over broccoli apple mixture. 7. Chill before serving. <p>CCP: Hold for service at 41°F or lower.</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/MeatAlternate						
Vegetable Subgroups	DG	B/P	R/O	S	O	
	¼ c.					
Fruits	1/8 c.					
Grains						
Calories:	37					
Saturated Fat (g):	0.24 g					
Sodium (g):	34.38 mg					