



**RECIPENAME:** 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: 50	
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	2 lb 4 oz 2 lb 4 oz	1 ½ cups ¾ cup ¼ cup + 2 Tbsp. ¼ cup 1 Tbsp. ½ tsp.	<ol style="list-style-type: none"> <li>1. Wash broccoli. Chop into bite size pieces.</li> <li>2. Wash and core apples, leave skin on.</li> <li>3. Thinly slice apples using a food processor. Alternately, chop or shred.</li> <li>4. Combine apples and broccoli in a large bowl, toss well.</li> <li>5. In a separate bowl whisk together lemon juice, cider vinegar, olive oil, sugar, Dijon mustard, and salt.</li> <li>6. Pour dressing over broccoli apple mixture.</li> <li>7. Chill before serving.</li> </ol> <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/Meat Alternate						
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 (mg):	34.38 mg					