

RECIPE NAME: Fall Harvest Salad with Vinaigrette					File No: WITN-45			
					Source: <i>Sue Brunner, East Troy School District</i>			
Grade Group:					HACCP Process: <input checked="" type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step Prep Time: 20 minutes Cook Time: 30 minutes Total Time: 50 minutes			
Number of Portions: 50								
Portion Size: 1 cup								
Serving Utensil:								
Servings Per Pan: 50								
Ingredients:			Weight (AP)	Measure (EP)	Procedure:			
<i>Apple Cider Vinaigrette</i> Cider Vinegar Apples, honeycrisp Honey Vegetable Oil Salt Ground Black Pepper <i>Salad</i> Lettuce, red leaf, raw, shredded Lettuce, green leaf, raw, shredded Lettuce, iceberg, raw, shredded Apples, honeycrisp Cranberries, whole, sliced dried (USDA Foods) Cheese, cheddar, shredded			5 oz 4 oz 8 oz 8 oz	5 whole ¼ tsp ¼ tsp 14 c 13 c 13 c 8 whole 2 c 2 c	<i>Apple Cider Vinaigrette</i> 1. Peel and cube apples. 2. Place vinegar, apples, and honey in blender and mix. 3. Slowly add oil while blending. 4. Add salt and pepper as needed. 5. Refrigerate until ready to use. <i>Salad</i> 6. Wash lettuce and drain, spin, and place in tub in refrigerator to crisp. 7. Wash apples, quarter, core, and slice thin. Place in lemon water so as not to brown. 8. Place greens in salad bowl, toss with apple cider vinaigrette until well coated. 9. Add apples, cranberries, and cheese and toss. CCP: Hold for cold service at 41° F or lower.			
Total Yield			Number of Pans: 1		Equipment (if not specified in procedures above): cutting board, chef's knife, measuring cups/spoons			
Weight: 5 lbs	Measure (volume): 100 oz		Pan Size: 20"x12"x4"					
Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size		
Meat/Meat Alternate						Calories: 114		
Vegetable Subgroups			D/G	B/P	R/O	S	O	Saturated Fat: 1.58g
							¾ c	Sodium: 46 mg
Fruits			¼ c					
Grains								



Source: Home Grown: Farm to School Recipes – Wisconsin Department of Public Instruction.
 Available at: hdpi.wi.gov/sites/default/files/imce/team-nutrition/pdf/homegrown-f2s-recipes.pdf