E. Salads and Salad Dressings

Food Safety Tips

1. *Always* wash hands *before* beginning any food preparation.
2. *Always* wash hands *after* handling any raw animal products, such as meat, fish, poultry, and eggs. This is to prevent cross-contamination.
3. Keep all salad and salad dressing items well chilled at all times, 40°F.
4. It is helpful to pre-chill canned tuna, chicken, hard-cooked eggs, cheeses, etc., for salads. By doing this ahead of time, you will be sure to have a cold salad.

Recipes	Recipe Number
Dip for Fresh Vegetables	E-15
Salads	
Broccoli Salad	E-11
Carrot-Raisin Salad	E-5
Chicken or Turkey Salad	E-7
Cole Slaw	E-9
Macaroni Salad	E-10
Macaroni and Ham Salad (variation)	E-10a
Molded Fruit Salad	E-1
Molded Vegetable Salad (variation)	E-1a
Pasta-Vegetable Salad	E-8
Potato Salad	E-12
Rice Salad	E-2
Taco Salad	E-13
Three-Bean Salad	E-4
Waldorf-Fruit Salad	E-14
Salad Dressings	
French Dressing	E-16
Italian Dressing	E-17
Ranch Dressing	E-18
Submarine Sandwich Dressing	E-3
Thousand Island Dressing	E-6

Molded Fruit Salad

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Lemon gelatin	12 oz	2½ cups	1 lb 8 oz	1 qt 1 cup		1. In a bowl, dissolve gelatin in boiling water. Add reserved pineapple juice, lemon juice, and yogurt. Whisk until smooth.
Water, boiling		2 cups		1 qt		
Pineapple juice, reserved from drained tidbits (below)		1 cup		2 cups		
Lemon juice		¼ cup		½ cup		2. Freeze mixture for about 30 minutes, until it begins to set.
Lowfat plain yogurt	1 lb 2 oz	2 cups	2 lb 4 oz	1 qt		
Chilled canned pineapple tidbits, drained (reserve juice)	1 lb	2 cups	2 lb	1 qt		3. Place 8 oz (1 cup) of pineapple tidbits and 8 oz (1 cup) of grape halves in each 3 qt gelatin mold or baking pan (13" x 9" x 2").
Chilled fresh red or white seedless grapes, halved	1 lb	2 cups	2 lb	1 qt		4. In a mixing bowl, use the whip attachment on medium speed to beat the gelatin mixture for 5 minutes, until fluffy.
						5. Pour 1 qt ½ cup (1 lb 12 oz) of whipped gelatin over the fruit in each mold and stir gently to blend. Refrigerate until set, at least 2 hours.

(over)

SERVING: 3/8 cup (No. 10 scoop) provides 1/8 cup of fruit

YIELD: 25 servings: 5 lb 8 oz
50 servings: 11 lb

Special Tip: This salad may also be prepared using fresh diced apples, canned mandarin oranges, canned diced peaches, or fresh grated carrots.

Variation:

a. Molded Vegetable Salad

25 servings: Follow Steps 1 and 2. In each of two 3-qt gelatin molds or baking pans (13" x 9" x 2"), place: 8 oz (3 1/4 cups) shredded cabbage; 7 oz (1 3/4 cups) chopped celery; 2 Tbsp chopped green pepper; and 1 Tbsp chopped pimentos. Continue with Steps 4 and 5.

50 servings: Follow Steps 1 and 2. In each of two 3-qt gelatin molds or baking pans (13" x 9" x 2"), place: 8 oz (3 1/4 cups) shredded cabbage; 7 oz (1 3/4 cups) chopped celery; 2 Tbsp chopped green pepper; and 1 Tbsp chopped pimentos. Continue with Steps 4 and 5.

Nutrients Per Serving

Calories	93	Saturated Fat	.2 g	Iron	.2 mg
Protein	2 g	Cholesterol	1 mg	Calcium	45 mg
Carbohydrate	21 g	Vitamin A	6 RE/43 IU	Sodium	51 mg
Total Fat	.4 g	Vitamin C	4 mg	Dietary Fiber	0 g

Rice Salad

Vegetable • Grains/Breads

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
White rice	12 oz	1 1/2 cups 2 Tbsp	1 lb 8 oz	3 1/4 cups		1. Combine rice, water, and salt in a half-steamtable pan (12" x 10" x 2"). Cover with plastic wrap and foil.
Water		3 1/4 cups		1 qt 2 1/2 cups		
Salt		1 tsp		2 tsp		
						2. **To Steam:** Compartment Steamer 20 minutes **To Bake:** Conventional Oven 350°F, 25 minutes
Tomato juice		3/4 cup		1 1/2 cups		3. In a mixing bowl, whisk together tomato juice, vinegar, vegetable oil, garlic, mustard, oregano, parsley, and pepper.
Vinegar		1 Tbsp 1 1/2 tsp		3 Tbsp		
Vegetable oil		1 Tbsp		2 Tbsp		
Garlic powder		1 tsp		2 tsp		
Ground mustard		1/2 tsp		1 tsp		4. Place hot rice in a mixing bowl. Pour dressing over top and toss to thoroughly coat rice. Cover with plastic wrap and refrigerate for 1 hour.
Dry oregano flakes		1 tsp		2 tsp		
Dry parsley flakes		1 Tbsp		2 Tbsp		
Black pepper		1/4 tsp		1/2 tsp		
*Fresh carrots, shredded	6 oz	1 2/3 cups	12 oz	3 1/3 cups		5. To the rice, add: carrots, tomatoes, cucumbers, mixed vegetables, and beans. Stir to combine. Cover and refrigerate until chilled and ready to serve.
*Fresh tomatoes, 1/4" dice		1/2 cup	6 oz	1 cup		
*Fresh cucumber, peeled, seeded, 1/4" dice		1/2 cup	6 oz	1 cup		
Frozen mixed vegetables, thawed	12 oz	2 3/4 cups	1 lb 8 oz	1 qt 1 1/2 cups		
Canned garbanzo beans, drained	10 oz	1 No. 303 can	1 lb 4 oz	2 No. 303 cans		

*See Marketing Guide.

(over)

Rice Salad *(continued, page 2 of 2)*

SERVING: 1/3 cup (No. 12 scoop) provides 1/4 cup of vegetable and the equivalent of 1/2 slice of bread

YIELD: 25 servings: 4 lb 14 oz
50 servings: 9 lb 12 oz

VOLUME: 25 servings: 3 qt
50 servings: 1 gal 2 qt

Nutrients Per Serving

Calories	84	Saturated Fat	.1 g	Iron	1.0 mg
Protein	2 g	Cholesterol	0 mg	Calcium	17 mg
Carbohydrate	17 g	Vitamin A	268 RE/2684 IU	Sodium	139 mg
Total Fat	.9 g	Vitamin C	5 mg	Dietary Fiber	2 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Carrots	8 1/2 oz	1 lb 1 oz	.....
Tomatoes	4 oz	7 oz	.....
Cucumbers	4 oz	7 oz	.....

Submarine Sandwich Dressing

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Cornstarch		1 Tbsp		2 Tbsp		1. In a pot, dissolve cornstarch in water.
Water		1 1/2 cups		3 cups		
*Fresh carrots, peeled, minced		1/4 cup		1/2 cup		2. Add carrots, onions, and celery leaf (optional). Heat to a boil, stirring continuously. Simmer for 3 minutes until thickened.
*Onions, minced		1/4 cup		1/2 cup		
OR						
Dehydrated onion flakes		1 tsp		2 tsp		3. Turn off heat and let set for 5 minutes.
Celery leaf, minced (optional)		1/4 cup		1/2 cup		
Sugar		1 Tbsp		2 Tbsp		4. Add sugar, white pepper, parsley, oregano, basil, garlic powder, and vinegar. Whisk to combine.
White pepper		1/2 tsp		1 tsp		
Dried parsley flakes		1 Tbsp		2 Tbsp		
Dry oregano leaves		1/2 tsp		1 tsp		
Dry basil leaves		1 1/2 tsp		1 Tbsp		
Garlic powder		1 Tbsp		2 Tbsp		
Cider vinegar		3/4 cup		1 1/2 cups		
Vegetable oil		1 1/2 cups		3 cups		5. Using a whisk, slowly add oil to dressing.
						6. Refrigerate overnight to develop flavor.

*See Marketing Guide.

(over)

Submarine Sandwich Dressing *(continued, page 2 of 2)*

SERVING: 2 Tbsp (1-oz ladle)

YIELD: 25 servings: 1 lb 13 oz
50 servings: 3 lb 10 oz

VOLUME: 25 servings: 3¾ cups
50 servings: 1 qt 3½ cups

Special Tip: Add imitation bacon bits and serve dressing hot over spinach or lettuce.

Nutrients Per Serving

Calories	122	Saturated Fat	2.0 g	Iron	.1 mg
Protein	0 g	Cholesterol	0 mg	Calcium	4 mg
Carbohydrate	2 g	Vitamin A	30 RE/304 IU	Sodium	1 mg
Total Fat	13.1 g	Vitamin C	0 mg	Dietary Fiber	0 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Carrots	1½ oz	3 oz	.....
Onions	1 oz	2 oz	.....

Three-Bean Salad

Vegetable

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Canned kidney beans, drained	9 oz	1 1/2 cups	1 lb 2 oz	3 cups		1. Rinse kidney beans in cold water and drain well.
Canned wax beans, drained	7 1/2 oz	1 1/2 cups	15 oz	3 cups		2. Combine kidney beans, wax beans, green beans, onions, and green pepper (optional).
Canned cut green beans, drained	1 lb 3 oz	3 3/4 cups	2 lb 5 1/2 oz	1 qt 3 1/2 cups		
*White or red onions, chopped		1/4 cup		1/2 cup		
OR						
Dehydrated onions		2 1/4 tsp		1 Tbsp 1 1/2 tsp		
*Fresh green pepper, chopped (optional)		1/2 cup 2 Tbsp	6 1/2 oz	1 1/4 cups		
Vegetable oil		1/3 cup		2/3 cup		3. Combine vegetable oil, vinegar, sugar, basil, pepper, and garlic powder. Mix or shake in a jar until well blended.
Vinegar		1/3 cup		2/3 cup		
Sugar		1 Tbsp 2 tsp		1/3 cup		
Flaked basil		1 1/2 tsp		1 Tbsp		
Black or white pepper		1/2 tsp		1 tsp		
Garlic powder		1/2 tsp		1 tsp		
						4. Pour dressing over beans. Toss lightly to combine and coat evenly. Cover. Refrigerate until ready to serve. For best results, refrigerate overnight to develop flavor.
						5. Mix lightly before serving.
						6. Portion with No. 16 scoop (1/4 cup).

*See Marketing Guide.

(over)

Three-Bean Salad *(continued, page 2 of 2)*

SERVING: 1/4 cup (No. 16 scoop) provides 1/4 cup of vegetable

YIELD: 25 servings: 1 qt 2 1/2 cups (approximately)
50 servings: 3 qt 1 cup (approximately)

Nutrients Per Serving

Calories	47	Saturated Fat	.5 g	Iron	.5 mg
Protein	1 g	Cholesterol	0 mg	Calcium	14 mg
Carbohydrate	3 g	Vitamin A	9 RE/91 IU	Sodium	110 mg
Total Fat	3.0 g	Vitamin C	2 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Mature onions	2 oz	3 1/2 oz	.....
Green pepper	4 oz	8 1/4 oz	.....

Carrot-Raisin Salad

Vegetable/Fruit

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
*Fresh carrots, coarsely shredded	1 lb 7 oz	1 qt 2 cups	2 lb 14 oz	3 qt		1. Place carrots and raisins in a large bowl.
Raisins	12 oz	2 1/4 cups	1 lb 7 oz	1 qt 1/2 cup		
Reconstituted instant nonfat dry milk		1/4 cup		1/2 cup		2. Combine milk, mayonnaise or salad dressing, salt, nutmeg (optional), and lemon juice (optional).
Mayonnaise or salad dressing	8 oz	1 cup	1 lb	2 cups		
Salt		1/4 tsp		1/2 tsp		3. Pour dressing over carrots and raisins. Mix lightly.
Ground nutmeg (optional)		1/4 tsp		1/2 tsp		
Lemon juice (optional)		1 Tbsp		2 Tbsp		4. Cover. Refrigerate for 1 to 1 1/2 hours.
						5. Mix lightly before serving. Portion with No. 16 scoop (1/4 cup).

*See Marketing Guide.

(over)

Carrot-Raisin Salad *(continued, page 2 of 2)*

SERVING: 1/4 cup (No. 16 scoop) provides 1/4 cup vegetable and fruit

YIELD: 25 servings: 1 qt 2 1/2 cups (approximately)
50 servings: 3 qt 1 cup (approximately)

Nutrients Per Serving

Calories	117	Saturated Fat	1.1 g	Iron	.5 mg
Protein	1 g	Cholesterol	6 mg	Calcium	18 mg
Carbohydrate	13 g	Vitamin A	746 RE/7403 IU	Sodium	87 mg
Total Fat	7.4 g	Vitamin C	3 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Carrots	2 lb 1 oz	4 lb 2 oz	.....

Thousand Island Dressing

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Mayonnaise or salad dressing	11 oz	1 1/4 cup 2 Tbsp	1 lb 5 1/2 oz	2 3/4 cups		1. Combine mayonnaise or salad dressing and catsup. Blend well.
Catsup	4 oz	1/4 cup 2 Tbsp	8 1/4 oz	3/4 cup 1 Tbsp		
Sweet pickle relish, undrained		2 Tbsp		1/4 cup		2. Add pickle relish, onions, chopped eggs (optional), and pimentos (optional). Mix well.
Dehydrated onions		3/4 tsp		1 1/2 tsp		
Fresh large eggs, hard-cooked, finely chopped (optional)		1 each		2 each		3. Cover. Refrigerate until ready to serve. For best results, refrigerate overnight to develop flavor.
Pimentos, chopped (optional)		1 Tbsp		2 Tbsp		4. Stir or shake well before serving.

(over)

Thousand Island Dressing *(continued, page 2 of 2)*

SERVING: 2 tablespoons (1-oz ladle)

YIELD: 2 cups: 16 (1-oz) servings
1 quart: 32 (1-oz) servings

Nutrients Per Serving

Calories	145	Saturated Fat	2.2 g	Iron	.2 mg
Protein	0 g	Cholesterol	11 mg	Calcium	5 mg
Carbohydrate	3 g	Vitamin A	24 RE/128 IU	Sodium	208 mg
Total Fat	15.0 g	Vitamin C	1 mg	Dietary Fiber	0 g

Chicken or Turkey Salad

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
*Cooked chicken or turkey, chopped	3 lb 3 oz	2 qt 2 cups	6 lb 6 oz	1 gal 1 qt		1. Combine chicken or turkey, celery, onions, pickle relish, pepper, and dry mustard. Add mayonnaise or salad dressing. Mix lightly until well blended.
*Fresh celery, chopped	11 oz	2 1/2 cups	1 lb 5 oz	1 qt 1 cup		
*Onions, chopped	6 oz	1 cup	12 oz	2 cups		2. Cover. Refrigerate until ready to serve.
OR						
Dehydrated onions		3 Tbsp		1/4 cup 2 Tbsp		3. Portion with No. 8 scoop (1/2 cup).
						4. Serve on salad greens or in sandwiches.
Sweet pickle relish, undrained	8 oz	3/4 cup 2 Tbsp	15 oz	1 3/4 cups		
Black or white pepper		1 tsp		2 tsp		
Dry mustard		2 1/4 tsp		1 Tbsp 1 1/2 tsp		
Mayonnaise or salad dressing	13 oz	1 1/2 cups 2 Tbsp	1 lb 9 1/2 oz	3 1/4 cups		

*See Marketing Guide.

(over)

Chicken or Turkey Salad *(continued, page 2 of 2)*

SERVING: ½ cup (No. 8 scoop) provides 2 oz of cooked poultry

YIELD: 25 servings: 3 qt 2 cups (approximately)
50 servings: 1 gal 3 qt (approximately)

Nutrients Per Serving

Calories	224	Saturated Fat	2.8 g	Iron	.9 mg
Protein	16 g	Cholesterol	56 mg	Calcium	20 mg
Carbohydrate	5 g	Vitamin A	24 RE/99 IU	Sodium	202 mg
Total Fat	15.5 g	Vitamin C	2 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Chicken, whole, without neck and giblets	8 lb 14 oz	17 lb 12 oz ..	.....
OR			
Turkey, whole, without neck and giblets	6 lb 13 oz	13 lb 10 oz ..	.....
Celery	13 oz	1 lb 10 oz	.....
Mature onions	7 oz	14 oz	.....

Pasta-Vegetable Salad

Vegetable • Grains/Breads

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Water		2 qt 2 cups		1 gal 1 qt		1. Heat water to a rolling boil. Add the salt.
Salt		1 Tbsp		2 Tbsp		
Pasta spirals or shells	12 oz	1 qt	1 lb 8 oz	2 qt		2. Slowly add pasta spirals or shells while stirring constantly until water boils again. Cook for 8 to10 minutes. DO NOT OVERCOOK. Drain well.
Frozen mixed vegetables, thawed and drained	1 lb	2 1/2 cups	2 lb	1 qt 1 cup		3. Add mixed vegetables, broccoli, and pepper. Shake dressing. Pour over pasta and vegetables. Toss lightly to combine and coat evenly.
OR						
Canned mixed vegetables, drained	13 oz	2 1/4 cups	1 lb 10 oz	1 qt 1/2 cup		4. Cover. Refrigerate until ready to serve.
Frozen, chopped broccoli, thawed and drained	11 oz	1 1/2 cups 2 Tbsp	1 lb 6 oz	3 1/4 cups		5. Mix lightly before serving. 6. Portion with No. 10 scoop (3/8 cup).
Black or white pepper		1/2 tsp		1 tsp		
Italian Dressing (see E-17)		1 cup		2 cups		

(over)

Pasta-Vegetable Salad *(continued, page 2 of 2)*

SERVING: 3/8 cup (No. 10 scoop) provides 1/8 cup of vegetable and the equivalent of 1/2 slice of bread

YIELD: 25 servings: 2 qt 2 cups (approximately)
50 servings: 1 gal 1 qt (approximately)

Nutrients Per Serving

Calories	126	Saturated Fat	1.0 g	Iron	.8 mg
Protein	3 g	Cholesterol	0 mg	Calcium	15 mg
Carbohydrate	14 g	Vitamin A	118 RE/1180 IU	Sodium	83 mg
Total Fat	6.9 g	Vitamin C	9 mg	Dietary Fiber	2 g

Cole Slaw

Vegetable

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
*Fresh cabbage, coarsely chopped	1 lb 12 oz	2 qt 1 cup	3 lb 8 oz	1 gal 2 cups		1. Place all vegetables in a large bowl and toss lightly to mix.
*Fresh carrots, finely shredded	6 oz	1 1/4 cups 2 Tbsp	11 oz	2 3/4 cups		
*Onions, finely chopped		1/2 cup 1 Tbsp	7 oz	1 cup 2 Tbsp		
OR						
Dehydrated onions		2 Tbsp		1/4 cup		
*Fresh green pepper, chopped (optional)		1/4 cup		1/2 cup		
Mayonnaise (can be lowfat)	9 oz	1 cup 2 Tbsp	1 lb 1 1/2 oz	2 1/4 cups		2. Combine mayonnaise or salad dressing, sugar, celery seed, dry mustard, and vinegar.
OR						
Salad dressing (can be lowfat)	9 oz	1 cup 2 Tbsp	1 lb 1 1/2 oz	2 1/4 cups		
Sugar		1 Tbsp		2 Tbsp		3. Pour dressing over vegetables. Mix thoroughly.
Celery seed		1 tsp		2 tsp		
Dry mustard		1/2 tsp		1 tsp		4. Cover. Refrigerate until ready to serve.
Vinegar		1 Tbsp		2 Tbsp		5. Mix lightly before serving. Portion with No. 16 scoop (1/4 cup).

*See Marketing Guide.

(over)

Cole Slaw *(continued, page 2 of 2)*

SERVING: 1/4 cup (No. 16 scoop) provides 1/4 cup of vegetable

YIELD: 25 servings: 1 qt 2 1/2 cups (approximately)
50 servings: 3 qt 1 cup (approximately)

Nutrients Per Serving

Calories	87	Saturated Fat	1.2 g	Iron	.3 mg
Protein	1 g	Cholesterol	6 mg	Calcium	22 mg
Carbohydrate	4 g	Vitamin A	189 RE/1836 IU	Sodium	66 mg
Total Fat	8.2 g	Vitamin C	11 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Cabbage	2 lb	4 lb 1 oz	.....
Carrots	8 oz	1 lb	.....
Mature onions	4 oz	8 oz	.....
Green peppers	2 oz	3 1/2 oz	.....

Macaroni Salad

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Water		1 gal 2 qt		3 gal		1. Heat water to a rolling boil. Add the salt.
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp		
Elbow macaroni	1 lb 5 oz	1 qt 1/2 cup	2 lb 10 oz	2 qt 1 cup		2. Slowly add macaroni. Stir constantly, until water boils again. Cook for 10 to 12 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well. Cool.
Mayonnaise or salad dressing	12 oz	1 1/2 cups	1 lb 8 oz	3 cups		3. Add mayonnaise or salad dressing. Mix.
*Fresh carrots, shredded	4 oz	1 cup	8 oz	2 cups		4. Add carrots, celery, onions, pickle relish, and seasonings. Toss lightly.
*Fresh celery, chopped	4 oz	1 cup	8 oz	2 cups		
*Onions, chopped		1/3 cup	4 oz	2/3 cup		5. Garnish with paprika.
Sweet pickle relish, undrained		1/4 cup	4 oz	1/2 cup		6. Cover. Refrigerate until ready to serve.
Black or white pepper		1/2 tsp		1 tsp		
Dry mustard		1 1/2 tsp		1 Tbsp		7. Portion with No. 8 scoop (1/2 cup).
Salt		1/2 tsp		1 tsp		
Paprika		3/4 tsp		1 1/2 tsp		

*See Marketing Guide.

(over)

SERVING: ½ cup (No. 8 scoop) provides the equivalent of 1 slice of bread

YIELD: 25 servings: 3 qt (approximately)
50 servings: 1 gal 2 qt (approximately)

Variation:

a. Macaroni and Ham Salad

25 servings: Follow Steps 1 through 3. In Step 4, use 1 lb 14 oz (1 qt 1¾ cups) diced cooked ham. Continue with Steps 5 through 7.

50 servings: Follow Steps 1 through 3. In Step 4, use 3 lb 12 oz (2 qt 3½ cups) diced cooked ham. Continue with Steps 5 through 7.

Nutrients Per Serving

Calories	198	Saturated Fat	1.7 g	Iron	1.1 mg
Protein	4 g	Cholesterol	8 mg	Calcium	12 mg
Carbohydrate	21 g	Vitamin A	145 RE/1370 IU	Sodium	214 mg
Total Fat	11.4 g	Vitamin C	1 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Carrots	6 oz	11½ oz	.....
Celery	5 oz	9¾ oz	.....
Mature onions	2½ oz.....	4½ oz	.....

Broccoli Salad

Vegetable/Fruit

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Fresh broccoli	1 lb 11 oz	2 qt 2 cups	3 lb 6 oz	1 gal 1 qt		1. Wash broccoli. Cut heads into florets. Dice stems.
Lowfat mayonnaise Sugar White vinegar Lowfat milk	8 oz 4 oz 	1 cup 1/2 cup 1 Tbsp 1 Tbsp	1 lb 8 oz 	2 cups 1 cup 2 Tbsp 2 Tbsp		2. Combine lowfat mayonnaise, sugar, vinegar, and milk. Mix well. Add to diced broccoli.
Raisins Walnuts, chopped (optional) Red onions, sliced (optional)	10 oz 4 oz 	1 3/4 cups 2 Tbsp 3/4 cup 3 Tbsp 1/4 cup	1 lb 3 oz 8 oz 3 oz	3 3/4 cups 1 3/4 cups 3 Tbsp 1/2 cup		3. Add raisins, walnuts (optional), and onions (optional) to broccoli mixture. Stir to coat all pieces with dressing. 4. Chill before serving. (For best results, chill for at least 2 hours before serving.)

(over)

Broccoli Salad *(continued, page 2 of 2)*

SERVING: ¼ cup (No. 16 scoop) provides 3 Tbsp of vegetable and fruit

YIELD: 25 servings: 2 lb 13 oz
50 servings: 5 lb 10 oz

VOLUME: 25 servings: 2 qt 2 cups
50 servings: 1 gal 1 qt

Nutrients Per Serving

Calories	78	Saturated Fat	.4 g	Iron	.5 mg
Protein	1 g	Cholesterol	2 mg	Calcium	18 mg
Carbohydrate	16 g	Vitamin A	39 RE/387 IU	Sodium	54 mg
Total Fat	1.9 g	Vitamin C	24 mg	Dietary Fiber	1 g

Potato Salad

Vegetable

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Fresh potatoes, as purchased	4 lb 8 oz	.....	9 lb	.....	.....	1. Boil potatoes for 30 to 40 minutes until tender. Cool, peel, and dice into 1/2" cubes.
*Fresh celery, chopped	8 oz	1 3/4 cups 2 Tbsp	1 lb	3 3/4 cups	.....	2. Add all other ingredients. Mix lightly until well blended. Chill for at least 1 hour before serving.
*Onions, finely chopped	.....	1/2 cup 1 Tbsp	7 oz.....	1 cup 2 Tbsp	.....	3. Portion with No. 8 scoop (1/2 cup).
Sweet pickle relish, undrained	.....	1/3 cup	6 oz.....	2/3 cup	.....	
Fresh large eggs, hard-cooked, chopped (optional)	11 oz	6 each	1 lb 5 oz	12 each	.....	
Mayonnaise or salad dressing	12 oz	1 1/2 cups.....	1 lb 8 oz	3 cups	.....	
Salt	.....	1 1/2 tsp	.....	1 Tbsp	.....	
Black or white pepper	.....	1/2 tsp	.....	1 tsp	.....	
Dry mustard	.....	1 1/2 tsp	.....	1 Tbsp	.....	

*See Marketing Guide.

(over)

Potato Salad *(continued, page 2 of 2)*

SERVING: ½ cup (No. 8 scoop) provides ½ cup of vegetable

YIELD: 25 servings: 3 qt (approximately)
50 servings: 1 gal 2 qt (approximately)

Nutrients Per Serving

Calories	171	Saturated Fat	1.6 g	Iron	.4 mg
Protein	2 g	Cholesterol	8 mg	Calcium	12 mg
Carbohydrate	17 g	Vitamin A	13 RE/56 IU	Sodium	256 mg
Total Fat	11.0 g	Vitamin C	11 mg	Dietary Fiber	2 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Celery	10 oz	1 lb 3½ oz ..	.....
Mature onions	4 oz	8 oz	.....

Taco Salad

Meat/Meat Alternate • Vegetable • Grains/Breads

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw ground beef (no more than 24% fat)	3 lb 4 oz		6 lb 7 oz			1. Brown ground beef. Drain off fat.
*Onions, chopped		1/4 cup 3 Tbsp	5 oz	3/4 cup 2 Tbsp		2. Add onions, garlic powder, pepper, tomato paste, water, and seasonings. Blend well. Bring to a boil. Reduce heat. Simmer for 25 to 30 minutes.
OR						
Dehydrated onions		2 Tbsp 1 tsp		1/4 cup 2 tsp		
Garlic powder		2 1/4 tsp		1 Tbsp 1 1/2 tsp		
Black pepper		1 tsp		2 tsp		
Tomato paste	7 oz	3/4 cup	14 oz	1 1/2 cups		
Water		2 cups		1 qt		
Seasonings:						
Chili powder		1 Tbsp		2 Tbsp		
Ground cumin		2 1/4 tsp		1 Tbsp 1 1/2 tsp		
Paprika		3/4 tsp		1 1/2 tsp		
Onion powder		3/4 tsp		1 1/2 tsp		
*Fresh lettuce, shredded	2 lb	1 gal	4 lb	2 gal		3. Combine lettuce and tomatoes. Toss lightly.
*Fresh tomatoes, chopped	14 oz	2 1/4 cups	1 lb 12 oz	1 qt 1/2 cup		
Taco shell pieces	1 lb 3 oz	3 qt 1/2 cup	2 lb 6 oz	1 gal 2 qt 1 cup		4. Assemble and serve. See page 2 for serving suggestions and directions.
OR						
Tostada shells (0.7 oz each)	1 lb 2 oz	25 each	2 lb 3 oz	50 each		
Cheddar cheese, shredded	13 oz	3 3/4 cups	1 lb 10 oz	1 qt 3 1/2 cups		

*See Marketing Guide.

(over)

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
						Serving suggestions: A. Assemble each salad as follows, or in preferred order: • 1st layer: approximately 3/4 oz (1/2 cup) taco shell pieces or 1 tostada shell. • 2nd layer: 1 3/4 oz (3/4 cup) lettuce-tomato mixture. • 3rd layer: No. 16 scoop (1/4 cup) meat mixture. • 4th layer: 1/2 oz (2 Tbsp 1 tsp) shredded cheese. **OR** B. 1. Preportion into 2 individual souffle cups: 1 3/4 oz (3/4 cup) lettuce-tomato mixture and 1/2 oz (2 Tbsp 1 tsp) shredded cheese. Refrigerate until service. 2. Transfer meat mixture and taco shell pieces or tostada shells into steamtable pans. Serve 3/4 oz (1/2 cup) taco shell pieces or 1 tostada shell. Top with No. 16 scoop (1/4 cup) meat mixture. Add 1 preportioned souffle cup of lettuce-tomato mixture and 1 preportioned souffle cup of shredded cheese. Instruct children how to "build" their own taco salad. 5. If desired, serve with taco sauce.

Taco Salad *(continued, page 3 of 3)*

SERVING: 1 salad provides the equivalent of 2 oz of cooked lean meat, 3/4 cup vegetable, and the equivalent of 3/4 slice of bread

YIELD: 25 servings: 25 salads
50 servings: 50 salads

Nutrients Per Serving

Calories	291	Saturated Fat	6.9 g	Iron	2.2 mg
Protein	16 g	Cholesterol	52 mg	Calcium	161 mg
Carbohydrate	18 g	Vitamin A	108 RE/794 IU	Sodium	216 mg
Total Fat	17.6 g	Vitamin C	9 mg	Dietary Fiber	3 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Mature onions	3 oz	5 3/4 oz	.....
Head lettuce	2 lb 11 oz	5 lb 6 oz	.....
Tomatoes	14 oz	1 lb 12 1/2 oz	.....

Waldorf-Fruit Salad

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
*Fresh apples, cored, unpeeled, diced	1 lb 1 oz	1 qt 1/2 cup	2 lb 2 oz	2 qt 1 cup		1. Sprinkle apples with lemon juice to prevent discoloration.
Lemon juice		2 Tbsp		1/4 cup		
Canned mixed fruit, drained	1 lb 10 oz	1 qt 1/2 cup	3 lb 4 oz	2 qt 1 cup		2. Combine apples, mixed fruit, celery (optional), raisins (optional), mayonnaise or salad dressing, and nutmeg (optional). Mix lightly to combine.
*Fresh celery, chopped (optional)	4 oz	3/4 cup 2 Tbsp	7 1/2 oz	1 3/4 cups		
Raisins (optional)	5 oz	1 cup	10 oz	2 cups		
Mayonnaise or salad dressing		1/4 cup 2 Tbsp	6 oz	3/4 cup		
Ground nutmeg (optional)		1/4 tsp		1/2 tsp		
Chopped walnuts	4 1/4 oz	1 cup	8 1/2 oz	2 cups		3. Cover. Refrigerate until ready to serve. 4. Add nuts before serving. Toss lightly. For best results, use same day. 5. Portion with No. 16 scoop (1/4 cup).

*See Marketing Guide.

(over)

Waldorf-Fruit Salad *(continued, page 2 of 2)*

SERVING: 1/4 cup (No. 16 scoop) provides 1/4 cup of fruit

YIELD: 25 servings: 1 qt 3 cups (approximately)
50 servings: 3 qt 2 cups (approximately)

Special Tip: Red apples make a very attractive salad.

Nutrients Per Serving

Calories	84	Saturated Fat	.7 g	Iron	.3 mg
Protein	1 g	Cholesterol	2 mg	Calcium	9 mg
Carbohydrate	8 g	Vitamin A	14 RE/120 IU	Sodium	22 mg
Total Fat	5.8 g	Vitamin C	2 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Apples	1 lb 3 oz	2 lb 5 1/2 oz ..	.....
Celery	5 oz	9 1/4 oz	.....

Dip for Fresh Vegetables

Ingredients	2 Cups		1 Quart		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Plain lowfat yogurt	4 oz	1/2 cup	8 3/4 oz	1 cup		1. Combine all ingredients. Blend well. 2. Cover. Refrigerate until ready to serve. For best results, refrigerate overnight to develop flavor. 3. Serve with raw vegetables or tossed green salads.
Mayonnaise (can be lowfat)	10 oz	1 1/4 cups	1 lb 3 1/2 oz	2 1/2 cups		
OR						
Salad dressing (can be lowfat)	10 oz	1 1/4 cups	1 lb 3 1/2 oz	2 1/2 cups		
Reconstituted instant nonfat dry milk		1/4 cup		1/2 cup		
Parsley flakes		1 Tbsp		2 Tbsp		
Garlic powder		3/8 tsp		3/4 tsp		
Onion powder		3/8 tsp		3/4 tsp		
Salt		3/4 tsp		1 1/2 tsp		
Black or white pepper		1/4 tsp		1/2 tsp		

(over)

Dip for Fresh Vegetables *(continued, page 2 of 2)*

SERVING: 2 tablespoons (1-oz ladle)

YIELD: 2 cups: 16 (1-oz) servings
1 quart: 32 (1-oz) servings

Nutrients Per Serving

Calories	134	Saturated Fat	2.2 g	Iron	.2 mg
Protein	1 g	Cholesterol	11 mg	Calcium	24 mg
Carbohydrate	1 g	Vitamin A	17 RE/68 IU	Sodium	219 mg
Total Fat	14.2 g	Vitamin C	0 mg	Dietary Fiber	0 g

French Dressing

Ingredients	2 Cups		1 Quart		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Sugar		1 Tbsp		2 Tbsp		1. Mix together the sugar, salt, dry mustard, and paprika.
Salt		1/2 tsp		1 tsp		
Dry mustard		3/4 tsp		1 1/2 tsp		
Paprika		3/4 tsp		1 1/2 tsp		
Dehydrated onions		1 1/2 tsp		1 Tbsp		2. Add onions.
Vegetable oil		1 cup 2 Tbsp		2 1/4 cups		3. Blend in oil, lemon juice, vinegar, and catsup, using mixer on medium speed. Mix for 3 minutes.
Lemon juice		1/4 cup		1/2 cup		
Vinegar		1/4 cup 1 Tbsp		1/2 cup 2 Tbsp		
Catsup		1/4 cup	5 oz	1/2 cup		4. Cover. Refrigerate until ready to serve. For best results, refrigerate overnight to develop flavor.
						5. Stir or shake well before serving.

(over)

French Dressing *(continued, page 2 of 2)*

SERVING: 2 tablespoons (1-oz ladle)

YIELD: 2 cups: 16 (1-oz) servings
1 quart: 32 (1-oz) servings

Nutrients Per Serving

Calories	148	Saturated Fat	2.3 g	Iron	.1 mg
Protein	0 g	Cholesterol	0 mg	Calcium	3 mg
Carbohydrate	3 g	Vitamin A	11 RE/106 IU	Sodium	126 mg
Total Fat	15.5 g	Vitamin C	2 mg	Dietary Fiber	0 g

Italian Dressing

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken or vegetable stock		3/4 cup		1 1/2 cups		1. Measure chicken or vegetable stock into pot. Add carrots, onions, celery leaf (optional), and cornstarch. 2. Heat to a boil, stirring constantly. Boil for 3 minutes or until thickened. 3. Turn off heat and let stand for 5 minutes.
*Fresh carrots, minced		2 Tbsp		1/4 cup		
*Onions, minced		2 Tbsp		1/4 cup		
Celery leaf, minced (optional)		2 Tbsp		1/4 cup		
Cornstarch		1 1/2 tsp		1 Tbsp		
Sugar		1 1/2 tsp		1 Tbsp		4. Using a wire whip, add to the thickened stock mixture: the sugar, white pepper, parsley, oregano, basil, garlic powder, and vinegar.
White pepper		1/4 tsp		1/2 tsp		
Dried parsley		1 1/2 tsp		1 Tbsp		
Dried oregano leaves		1/4 tsp		1/2 tsp		
Dried basil leaves		3/4 tsp		1 1/2 tsp		
Garlic powder		1 1/2 tsp		1 Tbsp		
Cider vinegar		1/4 cup 2 Tbsp		3/4 cup		
Vegetable oil		3/4 cup		1 1/2 cups		5. Still using the wire whip, slowly add the oil to the dressing mixture. 6. For best results, refrigerate overnight to thicken and develop flavors.

*See Marketing Guide.

(over)

Italian Dressing *(continued, page 2 of 2)*

SERVING: 2 Tbsp (1-oz ladle)

YIELD: 25 servings: 15 oz
50 servings: 1 lb 15 oz

VOLUME: 25 servings: 1¾ cups 2 Tbsp
50 servings: 3¾ cups

Nutrients Per Serving

Calories	62	Saturated Fat	1 g	Iron	.1 mg
Protein	0 g	Cholesterol	0 mg	Calcium	2 mg
Carbohydrate	1 g	Vitamin A	15 RE/152 IU	Sodium	45 mg
Total Fat	6.6 g	Vitamin C	0 mg	Dietary Fiber	0 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Carrots	½ oz	1 oz	.....
Onions	½ oz	1 oz	.....

Ranch Dressing

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Buttermilk		1 1/2 cups 2 Tbsp		3 1/4 cups		1. Combine buttermilk and lemon juice in a mixing bowl. Allow mixture to rest for 10 minutes.
Lemon juice		2 tsp		1 Tbsp 1 tsp		
Plain lowfat yogurt	5 oz	1/2 cup 2 Tbsp	10 oz	1 1/4 cups		2. Using a paddle attachment, blend in the yogurt and sour cream. Let mixture rest for 5 more minutes.
Sour cream		1/4 cup	4 oz	1/2 cup		
Lowfat mayonnaise	6 1/2 oz	3/4 cup 1 Tbsp	13 oz	1 2/3 cups		3. Add rest of ingredients to mixture in mixing bowl. Mix on low speed for 2 to 3 minutes until blended.
Onion powder		1 Tbsp		2 Tbsp		
Garlic powder		1 Tbsp		2 Tbsp		
White pepper		1/4 tsp		1/2 tsp		4. Chill at least 12 hours before serving to allow to thicken.
Dried chives		1/2 tsp		1 tsp		
Dried parsley		1 1/2 tsp		1 Tbsp		
Salt		1 tsp		2 tsp		

(over)

Ranch Dressing *(continued, page 2 of 2)*

SERVING: 2 Tbsp (1 oz ladle)

YIELD: 25 servings: 1 lb 10 oz
50 servings: 3 lb 5 oz

VOLUME: 25 servings: 3 cups
50 servings: 1 qt 2 1/4 cups

Special Tip: For an excellent vegetable dip, add an additional 8 oz of lowfat mayonnaise per 50 servings.

Nutrients Per Serving

Calories	34	Saturated Fat	.7 g	Iron	.1 mg
Protein	1 g	Cholesterol	4 mg	Calcium	33 mg
Carbohydrate	3 g	Vitamin A	8 RE/39 IU	Sodium	152 mg
Total Fat	2.1 g	Vitamin C	1 mg	Dietary Fiber	0 g