

Spinach Salad

Vegetable

Salad

Recipe #New School Cuisine modified p 50

	50 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Romaine lettuce	3 lb 8 oz				1. Trim romaine and cut into 1/2-inch pieces. 2. Mix spinach and romaine in a large bowl. 3. Process vinegar, syrup, mustard, garlic powder, salt and pepper in a food processor fitted with a steel blade until combined. With the motor running, add oil in a stream and blend for 10 to 20 seconds. 4. Drizzle with dressing and toss to coat. Serve immediately. NOTE: Salad dressing may be served separately (on the side) to children.
Baby spinach, fresh	3 lb 10 oz				
Balsamic vinegar		2/3 cup			
Brown sugar		1/2 cup			
Dijon mustard		1 Tbsp 1 tsp			
Garlic powder (adjust as necessary)		2 tsp			
Salt		1 1/4 tsp			
Ground black pepper		1 1/4 tsp			
Vegetable oil or olive oil		1 1/3 cup			

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Notes:
 Modifications include omitting strawberries, cucumbers, and sunflower seeds and replacing maple syrup with brown sugar. Nutrient information calculated using Food Processor.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings

Serving: ¾ cup
1-2 years: none
3-5 years: ¼ cup
6-18 years: ½ cup

Nutrients Per Serving			
Calories	76	Saturated Fat	0.83 g
Protein	1.38 g	Cholesterol	0 mg
Carbohydrate	5.12 g	Vitamin A	292.48 RAE mcg
Total Fat	5.97 g	Vitamin C	10.51 mg
		Iron	1.28 mg
		Calcium	46.24 mg
		Sodium	97.84 mg
		Dietary Fiber (2016)	1.42 g

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