

Cherry Tomato & Corn Salad

Component: Vegetable

Salad

Recipe #New School Cuisine p 28, modified

	48 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Cherry or grape tomatoes		7 pints			<p>1. Cut tomatoes to create age-appropriate sized non-round pieces. For CDCs cut into ¼-inch pieces without circular surfaces. For SAC cut into ½-inch pieces without circular surfaces.</p> <p>2. Refrigerate until ready to use.</p> <p>3. Bring a large pot of water to a boil. Cook corn until just tender, about 8 minutes for fresh or about 3 minutes for frozen. Drain and let cool.</p> <p>4. Meanwhile, whisk together olive oil, lemon juice and salt. Finely chop basil leaves.</p> <p>5. To cut corn off the cobs, stand each ear on its flat end on a cutting board. Cut off the kernels with a sharp knife. Put in a large bowl.</p> <p>6. Add tomatoes, basil, cheese, and oil mixture. Toss to combine. Serve immediately or cover and refrigerate until ready to serve.</p> <p>7. CCP: Hold at 41° F or colder.</p>
Corn, husked OR Frozen corn		21 medium ears OR 11 cups			
Fresh basil OR Dried basil	0.8 oz	OR 1 Tbsp			
Shredded part- skim mozzarella cheese		3 cups			
Olive oil		1/3 cup			
Juice of lemon OR Lemon juice		1 lemons Or 3 Tbsp.			
Salt		1 tsp			

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Notes:

Nutrient information calculated using Food Processor.
Modified to provide ½ cup vegetables per serving.

Serving: ½ cup + 1 Tbsp provides ½ cup vegetables.

1-2 years: varies see menu notes

3-5 years: varies see menu notes

6-18 years: varies see menu notes



Nutrients Per Serving

Calories	66.21	Saturated Fat	0.88 g	Iron	0.27 mg
Protein	3.34 g	Cholesterol	3.75 mg	Calcium	56.53 mg
Carbohydrate	8.48 g	Vitamin A	22.39 RAE	Sodium	104.11 mg
Total Fat	2.95 g	Vitamin C	8.42 mg	Dietary Fiber	1.19 g