

# Strawberry Spinach Salad

Component: Vegetable

Salad

Recipe #New School Cuisine modified p 50

	50 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Cucumbers	3 lb				<p>Peel cucumbers. Cut in half lengthwise then slice ¼-inch thick.</p> <p>Hull strawberries and cut into ¼-inch thick slices.</p> <p>Trim romaine and cut into 1/2-inch pieces.</p> <p>Mix spinach and romaine in a large bowl.</p> <p>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.</p> <p>Add the strawberries, and cucumbers to the greens. Drizzle with dressing and toss to coat. Serve immediately.</p> <p>NOTE: Salad dressing may be served separately to children.</p>
Fresh strawberries	3 lb 4 oz				
Romaine lettuce	2 lb 4 oz				
Baby spinach	2 lb 12 oz	2 gal + 2 qt			
Balsamic vinegar		½ cup			
Brown sugar		6 Tbsp			
Dijon mustard		1 Tbsp			
Garlic powder		1 ½ tsp			
Salt		1 tsp			
Ground black pepper		1 tsp			
Vegetable oil or olive oil		1 cup			

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**Notes:**  
 Maple syrup replaced with brown sugar.  
 Sunflower/pumpkin seeds omitted.  
 Nutrient information calculated using Food Processor.

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

Serving: 1 ¼ cup	Yield:	Volume:
1-2 years: none	<b>50 Servings:</b>	<b>50 Servings:</b>
3-5 years: 3/8 cup (0.375 servings)		
6-18 years: 3/4 cup (0.6 servings)	<b>100 Servings:</b>	<b>100 Servings:</b>

Nutrients Per Serving			
<b>Calories</b>	69.15	<b>Saturated Fat</b>	0.63 g
<b>Protein</b>	1.33 g	<b>Cholesterol</b>	0 mg
<b>Carbohydrate</b>	6.55 g	<b>Vitamin A</b>	202.59 RAE
<b>Total Fat</b>	4.61 g	<b>Vitamin C</b>	25.77 mg
		<b>Iron</b>	1.09 mg
		<b>Calcium</b>	41.44 mg
		<b>Sodium</b>	76.35 mg
		<b>Dietary Fiber (2016)</b>	1.76 g

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