

# **Spinach Strawberry Salad**

**Number of Portions: 25** 

**HACCP Process**: #1 No Cook

One portion provides: ½ cup vegetables (½ cup dark green)

½ cup fruits

Portion Size: 1-1/2 cups

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Italian seasoning mix	1-½ tbsp
Balsamic vinegar	¼ cup
Water	¼ cup
Vegetable oil	2 tbsp
Strawberry preserves, sugar-free	2 tbsp
Spinach (raw)	4 lb
Mandarin oranges (canned in light syrup), drained	1 qt + 3 cups
Strawberries (fresh), sliced	1 qt + 3 cups

#### Instructions

- Microwave strawberry preserves until warm and slightly runny. Mix preserves, Italian seasoning mix, balsamic vinegar, and oil using a mixer or blender. Prepare dressing 1 – 2 days prior to service for maximum flavor.
- 2. Drain mandarin oranges.
- 3. Wash and slice fresh strawberries.
- 4. Lightly toss spinach, oranges, and strawberries.
- 5. Just before service, toss salad mix with dressing. CCP: Hold salad for cold service at 41°F or lower.

#### **Nutrition Information**

Calories	85 kcal	Iron	3 mg	Protein	3 g	13% of kcal
Cholesterol	0 mg	Calcium	88 mg	Carbohydrates	17 g	82% of kcal
Sodium	62 mg	Vitamin A	7682 IU	Total Fat	2 g	17% of kcal
Dietary Fiber	3 g	Vitamin C	61 mg	Saturated Fat	<1 g	2% of kcal
				Trans Fat <sup>†</sup>	<1 q	<1% of kcal

<sup>&</sup>lt;sup>†</sup>Nutrient totals computed with missing, incomplete, or optional data.

### Ohio Department of Education

## YIELD FROM FRESH FRUITS/VEGETABLES

		# OF PIECES	WEIGHT OR		
		OR # OF	MEASURE PER	MEAL	
FOOD	UNIT SIZE	SERVINGS/UNIT	SERVING	CONTRIBUTION	SERVING CONTAINER
Grapes	Case	80 - 90 servings	1/2 cup	1/2 cup	FF Boat
Strawberries	Pound	4 servings	4 - 5 berries	1/2 cup	п
Watermelon	Each	20 - 25 servings	1/2 cup	1/2 cup	5 oz. Foam Veggie Bowl
Apple Wedges	10# Bag	55 servings	2 - 3 wedges	1/2 cup	FF Boat
Orange Wedges	113 ct	113 each	1 orange	1/2 cup	п
Celery Sticks	3# Bag	24 servings	3 - 4 sticks	1/2 cup	FF Boat or 4 oz. Clear Cup
Carrots, Baby Whole	5# Bag	36 servings	6 - 8 sticks	1/2 cup	п
Cucumbers	Each	5 servings	8 slices	1/2 cup	FF Boat
Tomatoes, Cherry	Pint	10 servings	3 each for chef & veggie bowl	1/4 cup	FF Boat
Tomatoes for Wedges	Pound	1/2 # = 1/2 cup			
			3 Carrots/		
Veggie Bowl			4 Cucumber SI/ 3 Cherry Tom	3/4 cup	FF Boat
Tossed Salad for side	2# Bag Chopped		3 CHETTY TOTAL	3/4 cup	Ποσι
salads	Romaine	14 salads	1 cup	1/2 cup	10 oz. Foam Salad Bowl
Lettuce, Shredded	5# Bag	40 servings for tacos	1/4 cup	1/4 cup	2 oz. Plastic Souffle
Spinach, Baby	2# Bag	14 servings	1 cup	1/2 cup	10 oz. Foam Salad Bowl