

Peach Protein Power Green Salad



Category: Entrée
 Portion Size(s): 1 Salad
 Meal Components: 2 oz eq meat/meat alternate; 1 oz eq grain; 1 cup dark green vegetable; ½ cup fruit

| Ingredients: | 100 Portions | |
|--|--------------|--------------------------------|
| | Weight | Measure |
| Ham, 97% fat free, cooked, water-added, diced (USDA or Commercial) | 7 lbs 11 oz | |
| Peaches, diced, extra light syrup, canned drained well (USDA or Commercial*) | 24 lbs 8 oz | 3 gal 2 cups OR 5-3/4 #10 cans |
| Quinoa, dry (regular or tri-color) | 6 lbs 4 oz | 1 gal 1 qt |
| Water | 320 fl oz | 2 gal 2 qts |
| Balsamic vinegar | | 3 qts 1 cup |
| Peach juice | | 3 cups |
| Vegetable oil (USDA or Commercial) | | 2 qts 1 cups |
| Granulated garlic | | 2 Tbsp |
| Onion powder | | 2 Tbsp |
| Lemon juice, bottled | | ¼ cup |
| Baby spinach, fresh, packed | 26 lbs 1 oz | 12 gal 8 cups |
| Cheddar cheese, yellow, shredded | 6 lbs 4 oz | |



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Directions:

1. Thaw Ham: Thaw ham for 48 hours in refrigerator. CCP: Hold at 40 °F or lower.
2. Drain and Refrigerate Peaches: Drain peaches and reserve 1 1/3 cup juice. Divide peaches into perforated steamtable pans lined with regular steamtable pans or in colanders lined with bowls. Cover and place in the refrigerator to drain well and cool for 4-6 hours. CCP: Hold at 40 °F or lower.
3. Cook Quinoa: If quinoa has not been rinsed, rinse using fine mesh strainers. In a large pot or kettle, bring water to a boil. Stir quinoa into water and return to a boil. Cover and reduce heat to medium-low and simmer until water is absorbed, about 25-30 minutes. Spread quinoa on sheet pans and place in the refrigerator for 4-6 hours to cool. CCP: Cool to 70 °F within 2 hours. CCP: Cool to 40 °F within 4 hours.
4. Prepare Salad Dressing: Add balsamic vinegar, peach juice, vegetable oil, granulated garlic, onion powder, and lemon juice to a blender. (Note: Depending on how many ounces the blender being used is, may need to divide ingredients to blend in batches.) Blend for 2 minutes or until smooth. If serving on the side, place ¼ cup (#16 scoop) dressing in 3 oz souffle cups. CCP: Hold at 40 °F or lower.
5. Build Salads for Service: Place 2 cups, packed spinach in the bottom of each salad container. Place ingredients in individual decorative mounds on top of spinach: ½ cup (#8 scoop) peaches, ¼ cup (#16 scoop) ham, 1 oz (2 oz server) cheese, and ½ cup (#8 scoop) quinoa. Serve with ¼ cup (#16 scoop) dressing. CCP: Hold at 40 °F or lower.

For Grab n Go Service: Place salad in grab n go salad containers (such as clamshell or hinged). Place ¼ cup (#16 scoop) dressing in 3 oz souffle cups with lids. CCP: Hold and serve at 40 °F or lower.

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Nutrients Per One Serving (K-12):

| | | | | | | | |
|---------------|----------|---------------|-------|---------------------|-----------|-----------|-------|
| Calories | 556 kcal | Total Fat | 34 g | Total Dietary Fiber | 6 g | Vitamin C | 35 mg |
| Saturated Fat | 8 g | Trans Fat | 0 g | Protein | 19 g | Iron | 5 mg |
| Sodium | 592 mg | Cholesterol | 45 mg | Vitamin A | 11,372 IU | | |
| Sugars | 19 g | Carbohydrates | 45 g | Calcium | 143 mg | | |

Components Per One Serving (K-12):

| | | | | |
|----------------|----------|--------------|------------|----------|
| Meat/ Meat ALT | Grain | Vegetable(s) | Fruit | Milk |
| 2 oz.eq. | 1 oz.eq. | 1 cup(s) | 1/2 cup(s) | 0 cup(s) |

Vegetable Subgroups

| | | | | |
|------------|------------|----------|----------|----------|
| Dark Green | Red/Orange | Legumes | Starchy | Other |
| 1 cup(s) | 0 cup(s) | 0 cup(s) | 0 cup(s) | 0 cup(s) |

Serving Size:

Serving Size: 1 Salad

Yield: 100 Salads

NSLP/SBP Crediting Information

K-8: 2 oz eq meat/meat alternate; 1 oz eq grain; 1 cup dark green vegetable; 1/2 cup fruit

9- 12: 2 oz eq meat/meat alternate; 1 oz eq grain; 1 cup dark green vegetable; 1/2 cup fruit

Yield Study:

Peaches, diced, extra light syrup, drained = 24.5 lbs = 50 cups, this cooked provides 1/2 cup fruit each serving.