

Peach Protein Power Green Salad

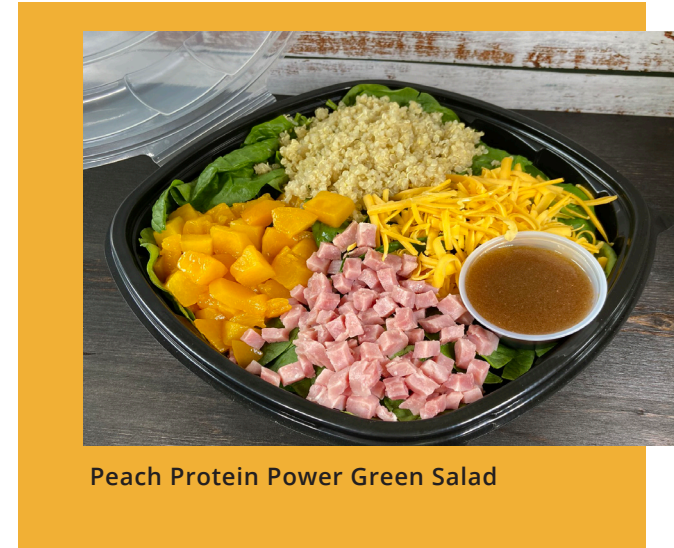


Category: Entrée

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.