



Protein-Packed Veggie Salad

(HACCP Process #2)

Yield: 20 servings (1 salad, 8.7 oz., 247 g, 1 oz. dressing)

Meal Equivalencies: 2.75 oz. eq. meat/meat alternate, 1/4 dark green vegetable, 1/4 cup other vegetable, 1/4 cup red/orange vegetable, 1/4 cup starchy vegetable

Directions

1 day prior to day of service:

- Clean and sanitize prep area.
- Pull canned beans from dry storage. Wipe off lid. Open and carefully dispose of lid. Drain well. Place beans in food storage container. Mix in 8 oz. of herb dressing.
SOP: Pre-chill ingredients for foods served cold below 41° F before combining.
- Cover, date stamp and place in cooler overnight to chill.
CCP: Hold below 41° F.
- Pull herb vinaigrette dressing from storage, date stamp and place in cooler. **CCP:** Hold below 41° F.

Ingredients

*Hard-Boiled Eggs, Large, Cut in Wedges	20 eggs
Great Northern Beans, Low Sodium, Drained (USDA Material #100373)	1 lb.
Haricots Verts, Fresh Thin Green Beans	2 lb.
Red Skin Potatoes	2 lb. 4 oz.
Fresh Tomato Wedges	2 lb.
Fresh Chopped Romaine, RTU	2 lb.
Robust Herb Vinaigrette	8 oz.
Robust Herb Vinaigrette, 1 oz. packs	20 pieces

incredible!



American Egg Board

Protein-Packed Veggie Salad

1 day prior to day of service continued:

- Pull green beans from cooler. Steam beans lightly. Place in shallow food storage container.
- Cover, date stamp and place in cooler overnight to chill. **CCP:** Hold below 41° F.
- Pull small red skin potatoes from dry storage and place at produce sink. **CCP:** Hold below 41° F.
- Scrub potatoes and place at workstation. Cut each into quarters. **CCP:** Hold below 41° F.
- Steam potatoes lightly, leaving the potatoes still firm. Place in shallow food storage container. **CCP:** Hold below 41° F.
- Cover, date stamp and place in cooler overnight to chill. **CCP:** Hold below 41° F.

Day of service:

PRE-PREP

- Clean and sanitize prep area.
- Pull tomatoes and place at produce sink. **CCP:** Prepare foods at room temperature in two hours or less. TOTAL time of food at room temperature shall not exceed four hours.
- Clean tomatoes and let air dry.

PREP

- Wash hands thoroughly and put on gloves. **SOP:** Never handle ready-to-eat foods with bare hands.
- Slice tomatoes into 1/2" wedges, (4-8 wedges depending on size of tomatoes). Place in shallow food storage container.
- Cover with parchment paper and set aside for assembly.
- Pull eggs from cooler and place at workstation.
- Wash hands thoroughly and put on gloves. **SOP:** Never handle ready-to-eat foods with bare hands.
- Cut each egg into 4 wedges and lay on parchment covered sheet pans. Cover with parchment paper and set aside for assembly.
- Pull chopped romaine, green beans, potatoes and beans from cooler and place at workstation for assembly.
- Wash hands thoroughly and put on gloves. **SOP:** Never handle ready-to-eat foods with bare hands.

- Using a 4 oz. spoodle, place 1/2 cup or 1.6 oz. of romaine in shallow salad bowl.
- On left side, lay out 4 egg wedges per salad.
- Next to eggs, lay out haricots verts, 1/4 cup per salad, 1.6 oz.
- Add 1/4 cup chopped red potatoes, 1.8 oz. each.
- Place 1/4 cup seasoned white beans along the potatoes using a #16 scoop.
- Add 4 - 1/2" wedges of tomatoes.
- Cover and date stamp. **CCP:** Hold below 41° F.
- Place in cooler until service.

SERVE

- One salad with 1 oz. of robust herb vinaigrette. **CCP:** Hold below 41° F.

*NOTE

- If using commercial hard-boiled eggs, please refer to their nutritional information for meal equivalents.

Nutritional Facts		
Serving Size 8.7 oz. (247 g)		
AMOUNT PER SERVING		
Calories 300	Calories from Fat 150	
PERCENTAGE OF CALORIES FROM		
Total Fat	49%	
Saturated Fat	10%	
Protein	17%	
Carbohydrate	35%	
	AMOUNT	% DRI*
Total Fat	17 g	25%
Saturated Fat	3.5 g	17%
Total Trans	0 g	0%
Cholesterol	210 mg	71%
Sodium	150 mg	6%
Total Carbohydrate	26 g	9%
Dietary Fiber	5 g	21%
Protein	13 g	25%
	AMOUNT	% DRI*
Vitamin A	2410 IU	50%
Vitamin C	10 mg	15%
Calcium	83 mg	8%
Iron	2 mg	15%
*Percent of DRI is based on 2000 calorie diet.		

© 2014 American Egg Board

Follow us: 
@Eggs4FoodServ

For more school recipes and additional information go to AEB.org/SchoolRecipes



American Egg Board