

School Nutrition Recipe



Shake Up Chopped Salad

(HACCP Process #1)

Yield: 20 servings (1 salad, 7 oz., 200 g, 1 oz. dressing)

Meal Equivalencies: 2 oz. eq. meat/meat alternate, 1/2 cup other vegetable, 1/4 cup red/orange vegetable, 1/4 cup starchy vegetable

Directions

1 day prior to day of service:

- Pull chicken from freezer. Place in food storage container. Cover and date stamp.
- Place chicken on lowest available shelf in cooler to thaw. **CCP:** Hold below 41° F.
- Pull peas from freezer. Place in food storage container. Cover and date stamp. **SOP:** Pre-chill ingredients for foods served cold below 41° F before combining.
- Place in cooler to thaw overnight. **CCP:** Hold below 41° F.
- Place ranch dressing in cooler to chill. **CCP:** Hold below 41° F.

Ingredients

*Hard-Boiled Eggs, Chopped	1 lb. 4 oz.
Diced Chicken, Thawed (USDA Material #100101)	1 lb. 4 oz.
Diced Sweet Peppers, RTU	1 lb. 8 oz.
Chopped Green Onion	3 lb.
Diced Tomatoes, RTU	2 lb. 8 oz.
Tender Spring Peas, Thawed	2 lb. 4 oz.
Buttermilk Ranch Dressing, 1 oz. cup	20 pieces



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Day of service:

PRE-PREP

- Clean and sanitize prep area.
- Pull green onions from cooler and place at produce sink. Rinse onions well. **CCP:** Prepare foods at room temperature in two hours or less.

PREP

- Wash hands thoroughly and put on gloves. **SOP:** Never handle ready-to-eat foods with bare hands.
- Chop green onions, using all of the bulb and part of the greens. To yield 5 cups.

PRE-PREP

- Wash hands thoroughly and put on gloves.
- Pull chicken, eggs, peas, diced tomatoes, diced peppers and dressing. Place at workstation.
- Pull 20 clear 12 oz. cups with flat and domed lid.

PREP

- Wash hands thoroughly and put on gloves.
- Place 1 oz. of diced chicken in bottom of cup using a 1 oz. spoodle.
- Add 1/4 cup diced sweet peppers, 1.2 oz. per salad using a 2 oz. spoodle.
- Add 1/4 cup chopped green onions, 0.9 oz. per salad using a 2 oz. spoodle.
- Add 1/4 cup diced tomatoes, 1.4 oz. per salad using a 2 oz. spoodle.
- Add 1/4 cup sweet peas, 1.8 oz. per salad using a 2 oz. spoodle.
- Top with 1 oz. of chopped egg using a 1 oz. spoodle.
- Cover and date stamp. **CCP:** Hold below 41° F.

SERVE

- One salad with 1 oz. of ranch dressing. **CCP:** Hold below 41° F.

*NOTE

- 1 oz. of hard-boiled egg = 1 oz. eq. meat/meat alternate.
- If using commercial hard-boiled eggs, please refer to their nutritional information for meal equivalents.

Nutritional Facts		
Serving Size 7 oz. (200 g)		
AMOUNT PER SERVING		
Calories 280	Calories from Fat 180	
PERCENTAGE OF CALORIES FROM		
Total Fat	65%	
Saturated Fat	11%	
Protein	20%	
Carbohydrate	17%	
AMOUNT		% DRI*
Total Fat	20 g	30%
Saturated Fat	3.5 g	17%
Total Trans	0 g	0%
Cholesterol	105 mg	34%
Sodium	310 mg	13%
Total Carbohydrate	11 g	4%
Dietary Fiber	3 g	13%
Sugars	0 g	0%
Protein	14 g	28%
AMOUNT		% DRI*
Vitamin A	2141 IU	40%
Vitamin C	46 mg	80%
Potassium	70	2%
Calcium	49 mg	4%
Iron	2 mg	10%
Magnesium	7 mg	2%
*Percent of DRI is based on 2000 calorie diet.		

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