

**GUIDELINES FOR RELISH TRAYS OR SALAD BARS**

Crisp, colorful relishes may be served on relish trays or salad bars. Raw vegetable relishes (celery sticks, carrot sticks, or radishes) and pickles, pickled peppers, or olives may be used. Salad greens along with the other foods may be added for “make-your-own” salads from the Salad Bar. Prepare fresh vegetables according to Guidelines for Preparing Fresh Vegetables and Fruits (Recipe No.A-31). Place prepared relishes in covered containers. Refrigerate until served.

ITEM	APPROXIMATE PORTION SIZE	100 PORTIONS	
		A.P. or Container	E.P.
Alfalfa sprouts, fresh. . . . .	2 tbsp. . . . .	1 lb 9 oz. . . . .	1 lb 9 oz. . . . .
Apple rings, spiced. . . . .	1 ring. . . . .	1 <sup>1</sup> / <sub>6</sub> -No. 10 cn (7 lb 14 oz)	3 lb 15 oz. . . . .
Bacon bits, imitation. . . . .	1 tbsp. . . . .	1 <sup>1</sup> / <sub>8</sub> -22 oz cn (1 lb 9 oz). . . . .	. . . . .
Beans, kidney. . . . .	2 tbsp. . . . .	1 <sup>1</sup> / <sub>6</sub> -No. 10 cn (8 lb). . . . .	5 lb. . . . .
Bean sprouts, canned. . . . .	1/4 cup. . . . .	4-No. 10 cn (25 lb 8 oz). . . . .	12 lb 12 oz. . . . .
Bean sprouts, fresh. . . . .	2 tbsp. . . . .	3 lb 2 oz. . . . .	3 lb 2 oz. . . . .
Beets, sliced. . . . .	4 slices. . . . .	3-No. 10 cn (19 lb 8 oz). . . . .	12 lb 3 oz. . . . .
Broccoli, fresh. . . . .	2 to 3 stalks. . . . .	25 lb 10 oz. . . . .	20 lb. . . . .
Broccoli, fresh, flowerets (2 to 2 <sup>1</sup> / <sub>2</sub> inch)	2 flowerets. . . . .	9 lb 14 oz. . . . .	4 lb 8 oz. . . . .
Cabbage, fresh, shredded. . . . .	2 tbsp. . . . .	2 lb 7 oz. . . . .	1 lb 15 oz. . . . .
Carrots, fresh, slices (1/4 inch). . . . .	2 tbsp. . . . .	5 lb 2 oz. . . . .	4 lb 3 oz. . . . .
Carrots, fresh, strips (4 by 1/2 inch)	6 strips. . . . .	8 lb. . . . .	6 lb 9 oz. . . . .
Cauliflower, fresh. . . . .	2 flowerets. . . . .	12 lb. . . . .	10 lb. . . . .
Celery, fresh, diced (1/4 inch). . . . .	2 tbsp. . . . .	4 lb 5 oz. . . . .	3 lb 2 oz. . . . .
Celery, fresh, sticks or strips (1/2 inch)	4 strips. . . . .	9 lb. . . . .	6 lb 9 oz. . . . .

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(OVER)

ITEM	APPROXIMATE PORTION SIZE	100 PORTIONS	
		A.P. or Container	E.P.
Cheese, Cheddar, American, Monterey Jack or Mozzarella, shredded	2 tbsp. . . . .	2 lb 1 oz. . . . .	. . . . .
Cheese, cottage. . . . .	2 tbsp. . . . .	6 lb 4 oz. . . . .	. . . . .
Chow mein noodles. . . . .	1/3 cup. . . . .	3-No. 10 cn (4 lb 8 oz). . . . .	. . . . .
Crabapples, spiced, whole. . . . .	1 crabapple. . . . .	2-No. 10 cn (13 lb 4 oz)	7 lb. . . . .
Croutons. . . . .	8 croutons. . . . .	. . . . .	1 gal. . . . .
Cucumbers, fresh, pared, sliced. . . . .	4 slices. . . . .	9 lb. . . . .	7 lb 9 oz. . . . .
Endive or escarole, fresh. . . . .	variable. . . . .	5 lb. . . . .	4 lb 8 oz. . . . .
Lettuce, fresh, trimmed, separated	variable. . . . .	4 lb 5 oz. . . . .	4 lb. . . . .
Mushrooms, sliced, fresh, trimmed	2 tbsp. . . . .	3 lb 7 oz. . . . .	3 lb 2 oz. . . . .
Mushrooms, sliced, canned. . . . .	1 tbsp. . . . .	2 <sup>1</sup> / <sub>4</sub> jumbo cn (4 lb). . . . .	2 lb 4 oz. . . . .
Olives, green, unpitted. . . . .	3 olives. . . . .	3 <sup>3</sup> / <sub>4</sub> -1 qt jr (6 lb 12 oz). . . . .	4 lb 14 oz. . . . .
Olives, ripe, whole, unpitted or pitted	3 olives. . . . .	6 <sup>1</sup> / <sub>4</sub> -No. 300 cn (5 lb 13 oz)	2 lb 9 oz. . . . .
Onions, dry, chopped. . . . .	2 tbsp. . . . .	4 lb 10 oz. . . . .	4 lb 3 oz. . . . .
Onions, dry, sliced. . . . .	3 to 4 slices. . . . .	6 lb 11 oz. . . . .	6 lb. . . . .
Onions, green, whole. . . . .	1 green onion. . . . .	3 lb. . . . .	2 lb 8 oz. . . . .
Onions, green, chopped. . . . .	2 tbsp. . . . .	3 lb 5 oz. . . . .	2 lb 12 oz. . . . .
Peas, chick (garbanzo beans). . . . .	2 tbsp. . . . .	7-15 to 16 oz cn (7 lb). . . . .	4 lb 11 oz. . . . .
Peppers, pickled, cherry, whole. . . . .	1 to 2 peppers. . . . .	6-1 qt jr (9 lb 9 oz). . . . .	6 lb 12 oz. . . . .

(CONTINUED)

**GUIDELINES FOR RELISH TRAYS OR SALAD BARS**

ITEM	APPROXIMATE PORTION SIZE	100 PORTIONS	
		A.P. or Container	E.P.
Peppers, pickled, jalapeno. . . . .	1 to 2 peppers. . .	2-No. 10 cn (12 lb 12 oz) or 6 <sup>1</sup> / <sub>3</sub> -1 qt jr	8 lb. . . . .
Peppers, sweet, fresh, diced, 1/2 inch	2 tbsp. . . . .	3 lb 13 oz. . . . .	3 lb 2 oz. . . . .
Peppers, sweet, fresh, strips. . . . .	variable. . . . .	6 lb 8 oz. . . . .	5 lb 5 oz. . . . .
Pickles, cucumber, dill, whole (cut in sticks (6 per pickle)	4 sticks. . . . .	2-1 gal jr (17 lb 7 oz or 2 <sup>1</sup> / <sub>2</sub> -No. 10 cn (17 lb 2 oz)	10 lb 7 oz. . . . . 10 lb 7 oz. . . . .
Pickles, cucumber, sweet, whole. . .	1 to 2 pickles. . .	2-No. 10 cn (15 lb 13 oz). . . .	9 lb 8 oz. . . . .
Pickles, mixed, sweet. . . . .	3 to 4 pickles. . .	1 gal jr (9 lb 14 oz) or 1 <sup>1</sup> / <sub>4</sub> -No. 10 cn (10 lb 2 oz)	5 lb 15 oz. . . . . 6 lb 1 oz. . . . .
Radishes, fresh. . . . .	3 radishes. . . . .	7 lb 12 oz. . . . .	7 lb 2 oz. . . . .
Radishes, fresh, slices, 1/8 inch. . . .	2 tbsp. . . . .	3 lb 8 oz. . . . .	3 lb 3 oz. . . . .
Romaine, fresh. . . . .	variable. . . . .	4 lb 12 oz. . . . .	4 lb 8 oz. . . . .
Rutabagas, fresh, pared, 3 <sup>1</sup> / <sub>2</sub> by 1/2 by 1/4 inch	3 strips. . . . .	4 lb 14 oz. . . . .	4 lb 2 oz. . . . .
Spinach, fresh. . . . .	variable. . . . .	4 lb 8 oz. . . . .	4 lb 2 oz. . . . .
Tomatoes, fresh, cherry. . . . .	2 to 3 tomatoes	7 lb. . . . .	. . . . .
Tomatoes, fresh, wedges (8 wedges)	2 wedges. . . . .	8 lb 5 oz. . . . .	8 lb 2 oz. . . . .
Tomatoes, fresh, sliced (6 slices). . . .	2 slices. . . . .	11 lb 5 oz. . . . .	11 lb 2 oz. . . . .
Turnips, fresh, pared, 2 <sup>1</sup> / <sub>2</sub> by 1/2 by 1/4	3 strips. . . . .	3 lb 11 oz. . . . .	3 lb. . . . .

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