

SALADS, SALAD DRESSINGS, AND RELISHES No.M 005 00

CARROT SALAD

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
109 cal	15 g	1 g	6 g	4 mg	214 mg	38 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
CELERY,FRESH,CHOPPED	2-3/8 lbs	2 qts 1 cup	3-1/4 lbs
RAISINS	1-7/8 lbs	1 qts 2 cup	
CARROTS,FRESH,SHREDDED	9-2/3 lbs	2 gal 2 qts	11-3/4 lbs
MILK,NONFAT,DRY	1-1/3 oz	1/2 cup 1 tbsp	
WATER,WARM	10-1/2 oz	1-1/4 cup	
SALAD DRESSING,MAYONNAISE TYPE	2-1/2 lbs	1 qts 1 cup	
SALT	1 oz	1 tbsp	
SUGAR,GRANULATED	1-3/4 oz	1/4 cup 1/3 tbsp	
JUICE,LEMON	2-1/8 oz	1/4 cup 1/3 tbsp	
LETTUCE,LEAF,FRESH,HEAD	4 lbs		6-1/4 lbs

Method

- 1 Combine carrots, celery, and raisins.
- 2 Reconstitute milk; combine with Regular Salad Dressing or Fat Free Salad Dressing, salt, sugar, and lemon juice. Blend well.
- 3 Add to vegetables; toss together lightly.
- 4 Place 1 lettuce leaf on each serving dish; add salad mixture. Cover; refrigerate at least 2 to 3 hours. CCP: Hold for service at 41 F. or lower.