

SALADS, SALAD DRESSINGS, AND RELISHES No.M 050 00

WALDORF SALAD

Yield 100

Portion 1/2 Cup

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|-----------------|----------------------|----------------|------------|--------------------|---------------|----------------|
| 119 cal | 10 g | 1 g | 9 g | 4 mg | 83 mg | 27 mg |

Ingredient

| <u>Ingredient</u> | <u>Weight</u> | <u>Measure</u> | <u>Issue</u> |
|------------------------------------|----------------------|-----------------------|---------------------|
| MILK,NONFAT,DRY | 1/2 oz | 3 tbsp | |
| WATER,WARM | 7-1/3 oz | 3/4 cup 2 tbsp | |
| JUICE,LEMON | 4-1/3 oz | 1/2 cup | |
| SUGAR,GRANULATED | 1-3/4 oz | 1/4 cup 1/3 tbsp | |
| SALAD DRESSING,MAYONNAISE TYPE | 2-1/2 lbs | 1 qts 1 cup | |
| CELERY,FRESH,CHOPPED | 3 lbs | 2 qts 3-3/8 cup | 4-1/8 lbs |
| WALNUTS,SHELLED,CHOPPED | 1 lbs | 1 qts | |
| APPLES,FRESH,MEDIUM,UNPEELED,DICED | 9 lbs | 2 gal 1/8 qts | 10-5/8 lbs |
| LETTUCE,LEAF,FRESH,CHOPPED | 4 lbs | 2 gal 1/8 qts | 6-1/4 lbs |

Method

- 1 Reconstitute milk.
- 2 Combine lemon juice, sugar, and Regular Salad Dressing or Fat Free Dressing. Add to milk. Mix well.
- 3 Add celery, nuts, and apples to Salad Dressing mixture. Toss well to coat pieces.
- 4 Place 1 lettuce leaf on each serving dish; add salad. Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.