

SALADS, SALAD DRESSINGS, AND RELISHES No.M 007 00

CHEF'S SALAD

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
102 cal	5 g	9 g	5 g	71 mg	228 mg	130 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
LETTUCE,LEAF,FRESH,HEAD	7 lbs		11 lbs
CABBAGE,GREEN,FRESH,SHREDDED	1 lbs	1 qts 2-1/2 cup	1-1/4 lbs
PEPPERS,GREEN,FRESH,CHOPPED	2-5/8 lbs	2 qts	3-1/4 lbs
CELERY,FRESH,CHOPPED	3-1/8 lbs	2 qts 3-3/4 cup	4-1/4 lbs
CUCUMBERS,FRESH,PEELED,SLICED	1-5/8 lbs	1 qts 2-1/4 cup	3-1/4 each
TURKEY,BNLS,WHITE AND DARK MEAT	2 lbs		
CHEESE,SWISS,CUBED	2 lbs	1 qts 2-7/8 cup	
HAM,COOKED,BONELESS,SLICED	2 lbs		
EGG,HARD COOKED,CHOPPED	2-3/4 lbs	25 Eggs	
TOMATOES,FRESH,THIN WEDGES	8-1/8 lbs	1 gal 1-1/8 qts	8-1/4 lbs

Method

- 1 Wash lettuce. Tear or cut into large pieces.
- 2 Wash vegetables. Combine lettuce with cabbage, peppers, celery, and cucumbers; toss lightly.
- 3 Cut turkey, ham and cheese into 1/2 inch strips and eggs and tomatoes into 8 wedges each.
- 4 Place 1 cup salad vegetables in salad bowls. Add 2 thin strips meat, 4 thin strips cheese, 2 egg wedges, and 2 tomato wedges.
- 5 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower. If desired, 3/4 Garlic Croutons (Recipe D 016 01) may be prepared.