

SALADS, SALAD DRESSINGS, AND RELISHES No.M 005 01
CARROT AND PINEAPPLE SALAD

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
96 cal	11 g	1 g	6 g	4 mg	204 mg	33 mg

Ingredient

CARROTS,FRESH,SHREDDED
 PINEAPPLE,CANNED,CHUNKS,JUICE PACK,DRAINED
 MILK,NONFAT,DRY
 WATER,WARM
 SALAD DRESSING,MAYONNAISE TYPE
 SALT
 SUGAR,GRANULATED
 JUICE,LEMON
 LETTUCE,LEAF,FRESH,HEAD

Weight

9-2/3 lbs
 5-1/2 lbs
 1-1/3 oz
 10-1/2 oz
 2-1/2 lbs
 1 oz
 1-3/4 oz
 2-1/8 oz
 4 lbs

Measure

2 gal 2 qts
 2 qts 2 cup
 1/2 cup 1 tbsp
 1-1/4 cup
 1 qts 1 cup
 1 tbsp
 1/4 cup 1/3 tbsp
 1/4 cup 1/3 tbsp

Issue

11-3/4 lbs

 6-1/4 lbs

Method

- 1 Combine carrots and pineapple.
- 2 Reconstitute milk; combine with Regular 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.