

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 036 00**

**PERFECTION SALAD**

**Yield** 100

**Portion** 3 Ounces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
72 cal	17 g	2 g	0 g	0 mg	56 mg	22 mg

**Ingredient**

DESSERT POWDER,GELATIN,LEMON  
 WATER,BOILING  
 WATER,COLD  
 VINEGAR,DISTILLED  
 CABBAGE,GREEN,FRESH,SHREDDED  
 CARROTS,FRESH,CHOPPED  
 CELERY,FRESH,CHOPPED  
 PEPPERS,GREEN,FRESH,CHOPPED  
 PIMIENTO,CANNED,DRAINED,CHOPPED  
 LETTUCE,LEAF,FRESH,HEAD

**Weight**

3-2/3 lbs  
 6-1/4 lbs  
 8-1/3 lbs  
 8-1/3 oz  
 1-1/2 lbs  
 6 oz  
 2 lbs  
 8 oz  
 6-3/4 oz  
 4 lbs

**Measure**

1 qts 3-1/2 cup  
 3 qts  
 1 gal  
 1 cup  
 2 qts 1-3/4 cup  
 1-3/8 cup  
 1 qts 3-1/2 cup  
 1-1/2 cup  
 1 cup

**Issue**

1-7/8 lbs  
 7-1/3 oz  
 2-3/4 lbs  
 9-3/4 oz  
 6-1/4 lbs

**Method**

- 1 Dissolve gelatin in boiling water.
- 2 Add cold water and vinegar; mix well.
- 3 Pour 2-3/4 quarts into each pan.
- 4 Chill until slightly thickened.
- 5 Combine cabbage, carrots, celery, peppers, and pimientos.
- 6 Add 1-1/2 quarts vegetables to gelatin in each pan.
- 7 Chill until firm. Cut 5 by 7.
- 8 Place 1 lettuce leaf on each serving dish; add gelatin square. Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.