

SALADS, SALAD DRESSINGS, AND RELISHES No.M 007 01
CHEF'S SALAD (ENTREE)

Yield 100

Portion 1-1/2 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
193 cal	8 g	16 g	11 g	92 mg	363 mg	320 mg

Ingredient

LETTUCE,LEAF,FRESH,HEAD
 CABBAGE,GREEN,FRESH,SHREDDED
 PEPPERS,GREEN,FRESH,CHOPPED
 CUCUMBERS,FRESH,PEELED,SLICED
 CELERY,FRESH,CHOPPED
 HAM,COOKED,BONELESS,SLICED
 TURKEY,BNLS,WHITE AND DARK MEAT
 CHEESE,SWISS,CUBED
 EGG,HARD COOKED,CHOPPED
 TOMATOES,FRESH,THIN WEDGES

Weight

10-1/3 lbs
 1-2/3 lbs
 4 lbs
 2-3/8 lbs
 3-1/8 lbs
 3 lbs
 3 lbs
 6 lbs
 2-3/4 lbs
 12-1/4 lbs

Measure

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

 1 gal 1-1/8 qts
 25 Eggs
 1 gal 3-2/3 qts

Issue

16-1/8 lbs
 2-1/8 lbs
 4-7/8 lbs
 4-2/3 each
 4-1/4 lbs

 12-1/2 lbs

Method

- 1 Wash lettuce. Tear or cut lettuce into large pieces.
- 2 Wash vegetables. Combine lettuce with cabbage, peppers, celery, and cucumbers; toss lightly.
- 3 Cut ham, turkey and cheese into thin strips and eggs and tomatoes into 8 wedges each.
- 4 Place about 1-1/2 cups of salad vegetables in salad bowls. Add 6 thin strips meat, 12 thin strips cheese, 3 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.