

SALADS, SALAD DRESSINGS, AND RELISHES No.M 032 00

FRUIT MEDLEY SALAD

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
101 cal	16 g	1 g	4 g	0 mg	23 mg	31 mg

Ingredient

Weight

Measure

Issue

COCONUT,PREPARED,SWEETENED FLAKES	5-3/4 oz	1-3/4 cup	
PINEAPPLE,CANNED,CHUNKS,JUICE PACK,DRAINED	2-5/8 lbs	1 qts 2 cup	
APPLES,FRESH,MEDIUM,UNPEELED,DICED	6-1/2 lbs	1 gal 1-7/8 qts	7-2/3 lbs
BANANA,FRESH,CHOPPED	2-3/4 lbs	2 qts 3/8 cup	4-1/4 lbs
CELERY,FRESH,CHOPPED	2 lbs	1 qts 3-1/2 cup	2-3/4 lbs
WALNUTS,SHELLED,CHOPPED	8-1/2 oz	2 cup	
RAISINS	7-2/3 oz	1-1/2 cup	
CHERRIES,MARASCHINO,CHOPPED	8-7/8 oz	1 cup	
WATER,COLD	2 lbs	3-3/4 cup	
WHIPPED TOPPING MIX,NONDAIRY,DRY	1 lbs	1 gal 1-5/8 qts	
MILK,NONFAT,DRY	1-5/8 oz	1/2 cup 2-2/3 tbsp	
EXTRACT,VANILLA	7/8 oz	2 tbsp	
LETTUCE,LEAF,FRESH,HEAD	4 lbs		6-1/4 lbs

Method

- 1 Toast coconut; cool; set aside for use in Step 3.
- 2 Combine pineapple, apples, and bananas in pineapple juice until ready to mix. Drain well.
- 3 Add celery, walnuts, raisins, chopped maraschino cherries, and coconut to drained pineapple, apples, and bananas mixture. Mix lightly; set aside for use in Step 6.
- 4 Place cold water in mixing bowl; add topping, milk, and vanilla. Whip at low speed 3 minutes or until blended. Scrape down
- 5 Whip at high speed 5 to 10 minutes or until stiff peaks are formed.
- 6 Add to fruit mixture tossing well to coat pieces. Cover, refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.
- 7 Place 1 lettuce leaf on each serving dish; add 1/2 cup salad mixture.