

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 046 01**  
**TOSSED GARDEN SALAD**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
17 cal	4 g	1 g	0 g	0 mg	16 mg	32 mg

**Ingredient**

LETTUCE,LEAF,FRESH,HEAD  
 CARROTS,FRESH,CHOPPED  
 CELERY,FRESH,CHOPPED  
 ONIONS,FRESH,CHOPPED  
 TOMATOES,FRESH,THIN WEDGES

**Weight**

8 lbs  
 2 lbs  
 2 lbs  
 8 oz  
 4 lbs

**Measure**

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

**Issue**

12-1/2 lbs  
 2-1/2 lbs  
 2-3/4 lbs  
 8-7/8 oz  
 4-1/8 lbs

**Method**

- 1 Tear prepared lettuce into large pieces.
- 2 Combine lettuce with carrots, celery, and onions; toss lightly.
- 3 Cover. Add tomatoes to other salad vegetables just before serving. Toss lightly. CCP: Hold for service at 41 F. or lower.