

SALADS, SALAD DRESSINGS, AND RELISHES No.M 047 00
TOSSED GREEN SALAD

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
8 cal	2 g	1 g	0 g	0 mg	6 mg	28 mg

Ingredient

ENDIVE,FRESH
 LETTUCE,ROMAINE,FRESH
 LETTUCE,LEAF,FRESH,HEAD

Weight

2 lbs
 3 lbs
 6 lbs

Measure

1 gal 2-1/8 qts

Issue

2-1/4 lbs
 3-1/4 lbs
 9-3/8 lbs

Method

- 1 Tear greens into large pieces. Combine greens; toss lightly.
- 2 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

Notes

- 1 In Step 1, per 100 servings: 2 pounds fresh escarole may be used for fresh endive and 3 pounds fresh spinach may be used for romaine.