

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 049 00**

**VEGETABLE SALAD**

**Yield** 100

**Portion** 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
45 cal	9 g	2 g	0 g	0 mg	282 mg	26 mg

**Ingredient**

BEANS, GREEN, CANNED, DRAINED  
 CARROTS, CANNED, SLICED, DRAINED  
 PEAS, GREEN, CANNED, DRAINED  
 CELERY, FRESH, CHOPPED  
 ONIONS, FRESH, SLICED  
 SALAD DRESSING, FRENCH, FAT FREE

**Weight**

3-5/8 lbs  
 6-1/2 lbs  
 4-1/2 lbs  
 5 lbs  
 1 lbs  
 2-1/4 lbs

**Measure**

3 qts  
 3 qts  
 3 qts  
 1 gal 3/4 qts  
 4 cup  
 1 qts

**Issue**

6-7/8 lbs  
 1-1/8 lbs

**Method**

- 1 Drain beans, carrots, and peas thoroughly. Cut carrots into 1/2-inch pieces.
- 2 Combine beans, carrots, and peas with celery and onions; toss lightly.
- 3 Add French Dressing to vegetable mixture; toss lightly.
- 4 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.