



Strawberry Romaine Summer Salad



Vegetable/Fruit

HACCP Process Category 1

USDA Foods Recipe

Ingredients	96 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Romaine lettuce, chopped*	6 lb				<ol style="list-style-type: none"> 1. Put chopped romaine and fresh spinach together in bowl. 2. Wash the strawberries and slice them, set aside. 3. Add cherries, oranges, strawberries, and lettuces together. Set aside. 4. Mix dressing recipe together, as listed below. 5. Drain excess juice off of the strawberries. 6. In a food processor blend strawberries, olive oil, and balsamic vinegar together. 7. Add salt, pepper, and dried tarragon and blend. 8. Add dressing to salad right before service.
Spinach, fresh*	6 lb				
Cherries, red tart dried 	3 lb				
Mandarin oranges, drained, light syrup	4 lb				
Strawberries, fresh*	5 lb				
Strawberry Vinaigrette:					
Strawberries, frozen, whole unsweetened 		10.5 cups			
Olive oil		3 cup			
Vinegar, balsamic		2 ½ cup			
Salt		1 Tbsp			

Pepper, black, ground		1 ½ Tbsp			Notes: <ul style="list-style-type: none"> Put all ingredients together ahead of time and add dressing just before service. Can serve dressing on the side.
Tarragon, dried		¼ cup			

 USDA Foods, *DOD

Serving Size	1 Serving Provides	Yield
1 ¼ cup	½ cup serving of vegetable (Dark Green) and ¼ cup fruit	96 servings

Nutrients Per Serving

Calories	152	Sodium	103 mg	Vitamin A	4345 IU
Total Fat	6.98 g	Carbohydrates	21.54 g	Vitamin C	38.5 mg
Saturated Fat	0.96 g	Dietary Fiber	2.56 g	Calcium	52.4 mg
Trans Fat	0 g	Protein	1.95 g	Iron	1.49 mg
Cholesterol	0 mg	Calories from Total Fat	41.29 %	Calories from Saturated Fat	5.66 %

This recipe utilizing USDA Foods was developed by Chef Dee Dee Olson as part of a USDA Team Nutrition grant in 2014.

