

Carrot-Raisin Salad

Vegetable/Fruit

Salads and Salad Dressings

E-04

| Ingredients | 50 Servings | | 100 Servings | | Directions |
|---|--------------------|------------------------|--------------------|--------------------|---|
| | Weight | Measure | Weight | Measure | |
| *Fresh carrots, shredded coarsely | 3 lb 4 oz | 3 qt 3 ½ cups | 6 lb 8 oz | 1 gal 3 ¼ qt | 1. Place carrots and raisins in large bowl. |
| Raisins | 1 lb 8 oz | 1 qt ½ cup | 3 lb | 2 qt 1 cup | |
| Instant nonfat dry milk, reconstituted | | ½ cup | | 1 cup | 2. In a separate bowl, combine milk, salad dressing or mayonnaise, salt, nutmeg (optional), and lemon juice (optional). |
| Reduced calorie salad dressing OR Lowfat mayonnaise | 1 lb OR 1 lb | 2 cups OR 2 cups | 2 lb OR 2 lb | 1 qt OR 1 qt | |
| Salt | | ½ tsp | | 1 tsp | |
| Ground nutmeg (optional) | | ½ tsp | | 1 tsp | |
| Frozen lemon juice concentrate, reconstituted (optional) | | 2 Tbsp | | ¼ cup | |
| | | | | | |
| | | | | | 3. Pour dressing over carrots and raisins. Mix lightly. Spread 6 lb (approximately 3 qt 1 cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 50 servings, use 1 pan. For 100 servings, use 2 pans. |
| | | | | | 4. CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until service. |
| | | | | | 5. Mix lightly before serving. Portion with No. 16 scoop (¼ cup). |

Comments:

*See Marketing Guide.

| Marketing Guide for Selected Items | | |
|------------------------------------|-------------|--------------|
| Food as Purchased for | 50 Servings | 100 Servings |
| Carrots | 4 lb | 8 lb |

| SERVING: | YIELD: | VOLUME: |
|---|-------------------|--|
| ¼ cup (No. 16 scoop) provides ¼ cup of vegetable and fruit. | 50 Servings: 6 lb | 50 Servings: about 3 quarts 1 cup 1 pan |

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100 Servings: 12 lb

100 Servings: about 1 gallon 2 ½ quarts
2 pans

Edited 2006

| Nutrients Per Serving | | | | | |
|-----------------------|---------|----------------------|---------|----------------------|---------|
| Calories | 78 | Saturated Fat | 0.31 g | Iron | 0.49 mg |
| Protein | 0.90 g | Cholesterol | 4 mg | Calcium | 18 mg |
| Carbohydrate | 15.92 g | Vitamin A | 8299 IU | Sodium | 117 mg |
| Total Fat | 1.84 g | Vitamin C | 3.2 mg | Dietary Fiber | 1.5 g |