Chicken Salad Pita

HACCP Process: #1 No Cook
Size of Portions: 1 Sandwich

**CREDITING INFORMATION:**
one salad provides
Meats/MA 2 oz eq
Grains 1.25 oz eq
Fruits ¼ cup

**Vegetables**
Legumes:
Dark Green: ¼ cup
Red/Orange:
Starchy:
Other: ¼ cup

<table>
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<th>INGREDIENTS</th>
<th>50 SERVINGS</th>
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<td></td>
<td>Weight</td>
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| Chicken strips, unseasoned, frozen | 9 lb 6 oz | 2 gal | 18 lb 12 oz | 4 gal | 1. Defrost chicken under refrigeration, at least 24 hours prior to use.  
2. CCP: Hold for cold service at 41° F or lower. |
| Bread, pita, whole grain, 6 ½ inch diameter | 50 ea | | 100 ea | | 2. Portion out the pita bread - hold at room temperature to keep the bread soft. |
| *Apples, fresh, with skin, ½ inch dice | 5 lb | 1 gal 2 cups | 10 lb | 2 gal 1 qt | 3. Add cold water to an 8 quart (or larger) plastic food storage container. For every gallon of cold water, add ½ tsp of salt to the water and stir until dissolved.  
Place the cut apples in the water to prevent oxidization (browning).  
Store under refrigeration until ready for use. |
| Water | 1 gal | | 2 gal | | |
| Salt, table | ½ tsp | | 1 tsp | | |
| Yogurt, Greek, plain, nonfat | 3 lb | 1 qt 2 cups | 6 lb | 3 qt | |
| Mayonnaise, reduced-calorie | 3 lb | 1 qt 2 ½ cups | 6 lb | 3 qt 1 ½ cups | |
| Vinegar, cider | 1 qt 1 cup | | 2 qt 2 cups | | |
| Lemon juice, fresh | ⅛ cup | | 1 ½ cup | | |
| Mustard, Dijon | 8 oz | ⅛ cup 3 Tbsp | 1 lb | 1 ¾ cups 2 Tbsp | 4. Dressing:  
Combine the yogurt, mayonnaise, cider vinegar, lemon juice, mustard, honey, salt, and pepper in a bowl. Whisk until well-combined.  
Store under refrigeration until ready for use. |
| Honey | 12 oz | 1 cup 1 tsp | 1 lb 8 oz | 2 cups 1 tsp | |
| Salt, Kosher | 2 Tbsp | | ¼ cup | |
| Pepper, black | 1 Tbsp | | 2 Tbsp | |
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<tr>
<td><em>Grapes, fresh, red or green, halved lengthwise</em></td>
<td>5 lb</td>
<td>10 lb</td>
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<tr>
<td><em>Celery, fresh, ½ inch dice</em></td>
<td>3 lb 2 oz</td>
<td>6 lb 4 oz</td>
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<tr>
<td><em>Onions, fresh, green, including tops &amp; bulbs, sliced on a bias ½ inch</em></td>
<td>8 oz</td>
<td>1 lb</td>
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<tr>
<td><em>Parsley, fresh, minced</em></td>
<td>6.5 oz</td>
<td>13 oz</td>
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<tr>
<td><em>Spinach, fresh, rough chop</em></td>
<td>3 lb 2 oz</td>
<td>6 lb 4 oz</td>
</tr>
</tbody>
</table>

**DIRECTIONS**

**Salad:**
Remove apples from water and drain.

In a large container, combine the chicken, apples, grapes, celery, onions, and parsley. Add dressing and gently fold in the dressing until evenly distributed.

Open the pita; place 1 oz of chopped spinach in the pita. Fill the pita with 1 cup of the chicken salad mixture using a No. 4 scoop or an 8 oz spoodle. Close pita.

CCP: Refrigerate until served.

CCP: Hold for cold service at 41° F or lower.

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**MARKETING GUIDE FOR 50 SERVINGS**

Apples, fresh, with skin: 5 lb
Grapes, fresh, red or green: 6.5 lb
Celery, fresh: 4 lb
Onions, fresh, green: 0.75 lb
Parsley, fresh: 0.5 lb
Spinach, fresh: 3.25 lb

**MARKETING GUIDE FOR 100 SERVINGS**

Apples, fresh, with skin: 10 lb
Grapes, fresh, red or green: 13 lb
Celery, fresh: 8 lb
Onions, fresh, green: 1.5 lb
Parsley, fresh: 1 lb
Spinach, fresh: 6.5 lb

**NOTES**

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #1: No Cook

This item may be held refrigerated at or below 41° F for 1–2 days.
In a mixing bowl, whisk together the yogurt, mayonnaise, cider vinegar, lemon juice, mustard, honey, salt, and pepper.

In a large container, combine the chicken, apples, grapes, celery, onions, and parsley. Add dressing and gently fold in the dressing until evenly distributed.

Open the pita; place 1 oz of chopped spinach in the pita. Fill the pita with 1 cup of the chicken salad mixture using a No. 4 scoop or an 8 oz spoodle. Close pita.

Serve 1 pita.

**CCP:** Refrigerate until served.

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