



Salad Shakers

USDA Recipe for Schools

Shake things up with a salad shaker! A spinach vinaigrette dressing blends the cool and crisp flavors of tomatoes, cucumbers, carrots, onions, dried cranberries, eggs, apples, and romaine lettuce in this colorful and crunchy layered salad in cup.

NSLP/SBP CREDITING INFORMATION

One salad shaker provides 2 oz equivalent meat alternate, $\frac{3}{8}$ cup dark-green vegetable, $\frac{1}{4}$ cup red/orange vegetable, $\frac{1}{8}$ cup other vegetable, and $\frac{3}{8}$ cup fruit.

| INGREDIENTS | 50 SERVINGS | | 100 SERVINGS | | DIRECTIONS |
|-------------------------|-------------|-------------------|--------------|-------------------|---|
| | Weight | Measure | Weight | Measure | |
| Apple juice concentrate | | 3 cups | | 1 qt 2 cups | 1 Dressing: Pour apple juice concentrate, olive oil, vinegar, salt, pepper, garlic, and spinach into a blender. Blend on high speed until dressing is liquefied and smooth. DO NOT OVERMIX. For 50 servings, mix for 3–5 minutes. For 100 servings, mix for 6–8 minutes. |
| Olive oil | | $\frac{3}{4}$ cup | | 1½ cups | |
| Balsamic vinegar | | 1¼ cups | | 2½ cups | |
| Salt | | 2 tsp | | 1 Tbsp 1 tsp | |
| Black pepper | | 2 tsp | | 1 Tbsp 1 tsp | |
| Garlic, minced | 3 oz | $\frac{1}{4}$ cup | | $\frac{1}{2}$ cup | |

| INGREDIENTS | 50 SERVINGS | | 100 SERVINGS | | DIRECTIONS |
|-----------------------------------|-------------|---------------------------|--------------|----------------------|---|
| | Weight | Measure | Weight | Measure | |
| *Baby spinach, fresh, leaves | 1 lb | 1 qt 2½ cups | 2 lb | 3 qt 1 cup | |
| | | | | | 2 Cover and refrigerate at 40 °F until ready for service. Set aside for step 5. |
| | | | | | 3 Place 16 oz drinking cups with domed lids on a sheet pan (18" x 26" x 1"). For 50 servings, use 4 pans (13 cups on 3 pans and 11 cups on 1 pan). For 100 servings, use 8 pans (13 cups on 7 pans and 9 cups on 1 pan). |
| | | | | | 4 Assembly per cup: |
| | | | | | 5 First layer: Portion 2 Tbsp spinach dressing on the bottom of each container. |
| *Tomatoes, fresh, diced | 3 lb | 2 qt ½ cup | 6 lb | 1 gal 1 cup | 6 Second layer: Portion ¼ cup tomatoes on top of dressing. |
| *Cucumbers, fresh, diced | 1 lb 8 oz | 1 qt 3 Tbsp | 3 lb | 2 qt ¼ cup 2 Tbsp | 7 Third layer: Portion ⅛ cup cucumbers on top of tomatoes. |
| *Carrots, fresh, shredded | 1 lb 8 oz | 1 qt 3⅓ cups | 3 lb | 3 qt 2⅔ cups | 8 Fourth layer: Portion ¼ cup carrots on top of cucumbers. |
| *Red onions, fresh, thinly sliced | 1 lb 4 oz | 1¼ cup | 2 lb 8 oz | 2½ cups | 9 Fifth layer: Portion ¼ cup onions on top of carrots. |
| Cranberries, dried | 2 lb | 1 qt 2¼ cups 3 Tbsp | 4 lb | 3 qt ¾ cup 2 Tbsp | 10 Sixth layer: Portion 2 Tbsp cranberries on top of onions. |
| Eggs, boiled, diced | 5 lb 9 oz | 1 gal 2 qt 2 cups | 11 lb 2 oz | 3 gal 1 qt | 11 Seventh layer: Portion ½ cup eggs on top of cranberries. |



| INGREDIENTS | 50 SERVINGS | | 100 SERVINGS | | DIRECTIONS |
|-----------------------------------|-------------|-----------------------|--------------|-----------------------|---|
| | Weight | Measure | Weight | Measure | |
| *Apples, diced, fresh | 1 lb 8 oz | 1 qt 1½ cups | 3 lb | 2 qt 3 cups | 12 Eighth layer: Portion ¼ cup apples on top of eggs. |
| *Romaine lettuce, fresh, shredded | 3 lb | 1 gal 1 qt 1¾ cups | 6 lb | 2 gal 2 qt 3½ cups | 13 Ninth layer: Portion ½ cup lettuce on top of apples. |
| | | | | | 14 Critical Control Point: Cool to 41 °F or lower within 4 hours. |
| | | | | | 15 Critical Control Point: Hold at 41 °F or below. |
| | | | | | 16 Serve 1 salad shaker. |
| | | | | | |



NUTRITION INFORMATION

For 16 oz cup (1 salad shaker).

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 231 |
| Total Fat | 9 g |
| Saturated Fat | 2 g |
| Cholesterol | 188 mg |
| Sodium | 165 mg |
| Total Carbohydrate | 29 g |
| Dietary Fiber | 3 g |
| Total Sugars | 24 g |
| Added Sugars included | N/A |
| Protein | 8 g |
| Vitamin D | 44 IU |
| Calcium | 55 mg |
| Iron | 1 mg |
| Potassium | 361 mg |

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

| Food as Purchased for | 50 Servings | 100 Servings |
|-----------------------|-------------|--------------|
| Mature red onions | 1 lb 8 oz | 3 lb |
| Spinach | 1 lb | 2 lb |
| Tomatoes | 3 lb 8 oz | 7 lb |
| Cucumbers | 1 lb 10 oz | 3 lb 4 oz |
| Carrots | 1 lb 8 oz | 3 lb |
| Apples | 1 lb 12 oz | 3 lb 8 oz |
| Romaine lettuce | 4 lb 12 oz | 9 lb 8 oz |

NOTES

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

YIELD/VOLUME

| 50 Servings | 100 Servings |
|---|--|
| About 26 lb 14 oz | About 53 lb 12 oz |
| About 3 gal 1 qt 1¾ cups/50 salad shakers | About 6 gal 2 qt 3½ cups/100 salad shakers |