



Blueberry Caprese Salad

A spin on the classic caprese salad incorporating fresh blueberries, cherry tomatoes, mozzarella, and balsamic dressing.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Georgia Department of Education–School Nutrition Division

Preparation Time: 15 minutes

Cook Time: 0 minutes

NSLP/SBP crediting information:

¾ cup provides ½ cup red/orange vegetable, ⅛ cup fruit.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Tomatoes, cherry	8 lb 6 oz	3 qt	16 lb 12 oz	6 qt	<ol style="list-style-type: none"> 1. Ensure surface area is clean, disinfected, and dry. 2. Wash all fruit, vegetables, and herbs in cool running water. Drain and pat dry. 3. Add tomatoes and blueberries into a large mixing bowl.
*Blueberries, fresh	2 lb 2 oz	1 qt 2 cups	4 lb 4 oz	3 qt	
Cheese, mozzarella, shredded	12 oz	3 ½ cups	1 lb 8 oz	1 qt 3 cups	<ol style="list-style-type: none"> 4. Add in the shredded mozzarella cheese.
Basil, fresh	1 oz	2 cups	2 oz	1 qt	<ol style="list-style-type: none"> 5. Separate the basil leaves from the stem. Stack and roll together. 6. Using a chef's knife and cutting board, slice the rolled basil into thin strips (Chiffonade); then, add to bowl.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Balsamic vinaigrette		1 qt		2 qt	<p>7. Add in the balsamic vinaigrette and mix well. Ensure that the tomatoes and blueberries are coated with dressing, cheese, and basil.</p> <p>8. Cover and refrigerate if not served immediately 41 °F or below.</p> <p>Critical Control Point: Cover and hold at 41 °F or below until ready for service.</p> <p>9. For service, mix well, then using a 6 oz spoodle or disher, portion $\frac{3}{4}$ cup into the serving vessel and hold at 41 °F or below.</p> <p>Critical Control Point: Hold for cold service at 41 °F or below.</p>



**BLUEBERRY CAPRESE SALAD
NUTRITION INFORMATION**

For ¾ cup (6 oz spoodle)

NUTRIENTS	AMOUNT
Calories	75
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Total Fat	4.4 g
Saturated Fat	1.5 g
Cholesterol	6 mg
Sodium	269 mg
Total Carbohydrate	7.3 g
Dietary Fiber	1.4 g
Total Sugars	5.4 g
Added Sugars included	N/A
Protein	2.3 g
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Vitamin A	221mcg RAE
Vitamin C	13 mg
Vitamin D	N/A
Calcium	12 mg
Iron	<1 mg
Potassium	N/A

N/A=data not available.

*MARKETING GUIDE		
Food as Purchased for	50 Servings	100 Servings
Tomatoes, cherry	8 lb 6 oz	16 lb 12 oz
Blueberries, fresh	2 lb 2 oz	4 lb 4 oz

NOTES
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.
If prepping the day before, reserve fresh basil and add immediately prior to service.
Cooking Process #1: No Cook

YIELD/VOLUME	
50 Servings	100 Servings
About 14 lb 8 oz About 2 gal 2 qt ¾ cup	About 29 lb About 5 gal 1 ½ cups

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

