

# MICHIGAN SALAD

COMPONENTS: Meat/Meat Alternative: 2 ounces, Grains: N/A, Fruit: 0.375 cup, Vegetable: 2.125 cups, Milk: N/A

SUBGROUPS: Dark Green Vegetables, Other Vegetables, Legumes

YIELDS: 48 SERVINGS

## INGREDIENTS:

3 cups sliced green peppers (raw, sweet)  
3 cups whole carrots (raw)  
3 pounds edamame (raw or frozen)  
2 gallons iceberg lettuce iceberg (1-inch cut)  
2 gallons lettuce (romaine or other variety in the dark green vegetable subgroup)  
2 gallons baby spinach (raw)  
6 pounds chicken diced (40# commodity)  
3 cups cherries (raw, tart, dried, pitted or sweet)  
1 quart sliced apples (raw with skin)  
2 cups olive oil  
1 cup orange juice (pasteurized, from concentrate)  
1 cup lemon juice (bottled, from concentrate)  
2 cups honey  
1/2 cup hot sauce (Tabasco)  
1/2 cup General Tso orange sauce  
2 teaspoons poppy seeds

## PREPARATION:

1. Prepare peppers and carrots by washing and cutting in Julienne style.
2. Roast the edamame beans at 350 degrees until soft; 15-17 minutes in a conventional oven or 13-15 minutes in a convection oven, low fan.
3. Chop and mix the lettuces and spinach together. Place 2 cups of the mixture in each serving container.
4. Assemble individual salads by layering ingredients on top of lettuce mix: Cooked chicken (2 ounces), cherries (1 tablespoon), apple slices (4 per salad), edamame beans (1 ounce), green peppers (1 tablespoon) and carrots (1 tablespoon).
5. Prepare dressing by whipping the oil, juices and honey. Add seasonings and whip. If a spicier dressing is desired, the hot sauce can be doubled in amount.
6. Keep assembled salads refrigerated at 41 degrees Fahrenheit or below until service.
7. Serve each salad with 2 tablespoons of dressing. Salads may be dressed lightly prior to service with no more than 2 tablespoons of dressing per salad.

Use the USDA Food Buying Guide to assist with produce purchasing needs. Be sure to market your fruits and vegetables as Michigan grown with label or signage.

# HOW IT'S MADE



# NOURISHMENT

## NUTRITIONAL CONTENT:

Calories: 314 kcal

Calories from total fat: 36.95%

Calories from saturated fat: 4.59%

Total fat: 12.89 g

Cholesterol: 53 mg

Sodium: 107 mg

Protein: 23.93 g

Vitamin A: 941.3 RE

Calcium: 71.56 mg

Iron: 4.24 mg

Saturated fat: 1.60 g

Calories from trans fat: \*0%\*

Calories from carbohydrates: 36.48%

Calories from protein: 30.48%

Trans fat<sup>1</sup>: \*0.00\* g

Carbohydrates: 28.64 g

Dietary fiber: 5.12 g

Vitamin A: 7034.2 IU

Vitamin C: 20.2 mg

Water<sup>1</sup>: \*49.94\* g

Ash<sup>1</sup>: \*0.28\* g

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\*N/A\* - Denotes a nutrient that is either missing or incomplete for an individual ingredient. \* - Denotes combined nutrient totals with either missing or incomplete nutrient data. <sup>1</sup> - Denotes optional nutrient values.