

Mandarin Chicken Salad with Homemade Orange-Ginger Dressing

Yield: 25 servings

Component Contribution: 1 Salad Box provides 2oz eq M/MA, 1 ½ Cup Vegetable (¾ cup Dark Green, ⅝ Cup Other, ⅛ Cup Red/Orange), ⅛ Cup Fruit

Ingredients

Salad Box:

- 5 lb Romaine Lettuce
- 1 qt + ⅔ cup Mandarin Oranges, Drained
- 3 lb + 2oz Diced Chicken
- 2 lb + 5 ½ oz Fresh Cabbage, Shredded
- 1 lb + 3oz Fresh Carrots, Shredded
- 1 lb + 9oz Fresh Onions, Diced

Orange Ginger Dressing:

- 7 tsp Honey
- ¾ Cup + 2 tsp Apple Cider Vinegar
- 6 fl oz 100% Orange Juice
- 3 Tbsp Less Sodium Soy Sauce
- 4 tsp Ground Ginger
- ¼ tsp Ground Black Pepper
- ½ tsp Garlic Powder
- ½ tsp Onion Powder
- 1 ½ tsp Sriracha Hot Chili Sauce
- ¾ tsp Parsley Flakes, Dried
- 1 Cup + 8 tsp Canola Oil



Instructions

HACCP Process #1: No Cook

CCP: Ensure cold food is held at a temperature below 41° F.

To assemble each salad:

- 1) Measure 1 ½ cups romaine lettuce and place on the bottom of the container as the base
- 2) Place ½ cup shredded cabbage in the middle of the container
- 3) 2 Tbsp diced onions in a corner of the container
- 4) 2 Tbsp shredded carrots in another corner
- 5) 3 Tbsp drained mandarin oranges in another corner
- 6) 2 oz (by weight) diced chicken in the last remaining corner

Continued

Hold in refrigeration until ready to serve.

Make dressing:

Pour each ingredient except canola oil into food processor (Robo-Coup) and blend for 5-10 seconds. Gradually add canola oil slowly to emulsify, continue to blend for a few seconds until mixed consistently.

Portion 1 fl.oz. of dressing into 2oz souffle cups with lid (or use 1oz ladle for self-service)

To serve:

Provide student with 1 salad box and 1 fl.oz. of dressing.

NOTE: Offer appropriate amount of grains with this entree, pending on grade group. Suggestions: breadstick, crackers, or dinner roll.

Nutritionals

Calories	284	Fiber (g)	2
Total Fat (gm)	13.2	Sugars (g)	17.9
Saturated Fat (g)	1.2	Protein (g)	11.5
Cholesterol (mg)	0	Iron (mg)	1.2
Sodium (mg)	343	Calcium (mg)	45.9
Potassium (mg)	226	Vitamin A (iu*)	16.9
Carbohydrates (g)	30	Vitamin C (mg)	7.6
		Vitamin D (mcg)	0

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