

# Italian Tomato Salad - NSLP



## GENERAL INFORMATION

Recipe #	Category	Source
1745373	Vegetables	Local

## INGREDIENTS

Name	Quantity	+	Quantity 2
Tomatoes, red, ripe, raw, year round average	5 lbs. cherry		
Onions, raw	1 lbs., 8 oz.		
Cucumber, with peel, raw	3 lbs.		
Basil, fresh	1 c. chopped		
Salt, table	2 tsp.		
Spices, pepper, black	1 tsp. ground		
Dressing, Lite Balsamic with Olive Oil Vinaigrette, 4/1gal, 34#, Ken's Essentials, KE0636	1 ½ c.		
Garlic, raw	¼ c.		

## PREPARATION INSTRUCTIONS

HACCP Process: #1 - No Cook

1. Wash all produce thoroughly. Cut the tomatoes in half and place in a large bowl. Dice onions and combine with tomatoes and minced garlic. Cut cucumbers in half moons and combine with tomato mixture
2. Add basil (optional), salt, pepper, and dressing and mix until vegetables are well coated. Refrigerate below 41° F for at least 30 minutes before serving. Serve 1/2 cup portions.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove product from refrigerator using oldest pack date first.

CCP: Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

Wash all raw fruits and vegetables thoroughly before combining with other ingredients including: \* Unpeeled fresh fruit and vegetables that are served whole or cut into pieces. \* Fruits and vegetables that are peeled and cut to use in cooking or served ready-to-eat.

Wash fresh produce vigorously under cold running water or by using chemicals that comply with the 2001 FDA Food Code. Packaged fruits and vegetables labeled as being previously washed and ready-to-eat are not required to be washed.

Scrub the surface of firm fruits or vegetables such as apples or potatoes using a clean and sanitized brush designated for this purpose.

Remove any damaged or bruised areas.

Label, date, and refrigerate fresh-cut items.

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

CORRECTIVE ACTION COLD FOOD: Any food item being served cold must be maintained at or below 41 degrees. In the event the temperature of the cold item rises above 41 degrees it must be returned to a refrigerated or frozen atmosphere and temperature reduced to 41 degrees or below.



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Serving Size	Yield
0.5 Cup	50.00

## Nutrition Facts

Serving Size 0.5 Cup (95 gm)

Amount Per Serving

Calories 35.802

% Daily Value\*

Total Fat 1.585 gm 2.438 %

Saturated Fat 0.270 gm 1.35 %

Trans Fat 0.000 gm

Cholesterol 0.000 mg

Sodium 161.333 mg 6.722 %

Total 5.017 gm1.672 %

Carbohydrate

Dietary Fiber 0.951 gm 3.804 %

Total Sugars 2.714 gm

Includes 0.480\* of Added Sugars

Protein 0.800 gm 1.6 %

Vitamin A, RAE N/A\* mcg

Vitamin C 8.346 mg 13.909 %

Vitamin D 0.000 mcg

Calcium 14.999 mg 1.5 %

Iron 0.271 mg 1.505 %

Potassium 173.202 mg 3.685 %

Saturated Fat % of Calories 6.789%

\* Indicates missing Nutrient Information.  
^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

## Meal Components

Component	Measurement
Red/Orange	0.25 cups

