



Spinach Salad with Roasted Vegetables - NSLP



General Information

Recipe #	Category	Source
1755616	Vegetables 	Local
Copied From		
Spinach Salad with		
Roasted Vegetables - 		
CACFP		



Ingredients

Name	Quantity	+	Quantity 2
Spinach, raw	4 lbs.		
Peppers, sweet, red, raw	4 lbs. diced		
Squash, zucchini, baby, raw	7 lbs.		
Onions, raw	1 pt. chopped, raw to prepared		
Salt, table	2 tbsp., 2 tsp.		
Spices, cumin seed	3 tbsp. ground		
Vegetable oil, palm kernel	¼ c.		

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Serving Size	Yield
0.75 Cup	100.00

Nutrition Facts

Serving Size 0.75 Cup (71 gm)		
Amount Per Serving		
Calories		21.888
% Daily Value*		
Total Fat	0.854 gm	1.314%
Saturated Fat	0.496 gm	2.482%
Trans Fat	0.000* gm	
Cholesterol	0.000 mg	
Sodium	202.543 mg	8.439%
Total Carbohydrate	3.014 gm	1.005%
Dietary Fiber	1.185 gm	4.742%
Total Sugars	0.918* gm	
Includes 0.000 gm of Added Sugars		
Protein	1.623 gm	3.246%
Vitamin A, RAE	121.679 mcg	13.52%
Vitamin C	39.243 mg	65.405%
Vitamin D	0.000 mcg	
Calcium	28.762 mg	2.876%
Iron	0.993 mg	5.517%
Potassium	292.349 mg	6.22%

Preparation Instructions

HACCP Process: #1 - No Cook

1. Wash all produce thoroughly. Pick through the spinach to ensure that all leaves are fresh.
2. Chop onions, peppers, and zucchini. Heat oil on medium heat. sauté onions 3-4 minutes, and zucchini and sauté until tender. Add salt and cumin.
3. Hold cold for service. Serve with dressing of choice.

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.

Saturated Fat % of Calories 20.413 %

* 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 the

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.

daily diet. 2,000 calories a day is used for general nutrition advice.

Meal Components

Component	Measurement
Dark Green	0.25 cups
Red/Orange	0.125 cups
Other Vegetables	0.125 cups

Added Sugar Limitations

Not applicable.

Dates

Last Updated	Created
02-26-2025	02-26-2025

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