



WALNUT & APPLE WALDORF SALAD WITH YOGURT

HACCP Process No Cook

YIELD

100 servings

MEAL COMPONENTS

2 oz eq meat/meat alternate (1 oz eq each from walnuts and yogurt), $\frac{3}{4}$ cup fruit

INGREDIENTS

| | |
|---|--------------|
| California Walnuts | 6 lb + 4 oz |
| Fresh Sliced Apples | 12 lb + 8 oz |
| Dried Cranberries, USDA #100301 | 3 lb + 12 oz |
| Plain Yogurt, High Protein, USDA #110397 | 25 lb |

ALLERGENS: Milk, Tree Nuts

DIRECTIONS

(Day of Service)

PRE-PREP

- Clean and sanitize workstation.
- Set up 6-quart food processor with S blade.
- Set up large mixing bowl with a whisk or paddle.
- If mixing by hand, pull a spatula and large bowl.
- Pull California walnuts and fresh apple slices from cooler and place at workstation.
- **CCP:** Prepare foods at room temperature in two hours or less.

PREP

- Wash hands thoroughly and put on gloves.
- Add 2 $\frac{1}{2}$ lb of walnuts to the food processor.
- Pulse 10 times, to roughly chop walnuts. Do not over-process.
- Empty walnuts into large mixing bowl.
- Repeat for 3 additional batches of walnuts.
- Using same processor, add 2 lb of apple slices.
- Pulse lightly 4-5 times or until the apples are roughly chopped. Do not overfill the processor to ensure apples are chopped and not puréed.
- Add apples to the walnuts in the large mixing bowl.
- **CCP:** Never handle ready-to-eat foods with bare hands.

(continued)



- Pull dried cranberries and plain yogurt from cooler and place at workstation.
- Wash hands thoroughly and put on gloves.
- Add dried cranberries to the walnuts and apples and fold all together.
- Fold in the yogurt.
- Blend gently to avoid bruising the apples.
- *CCP*: Pre-chill ingredients for foods served cold (sandwiches and salads) below 41°F before combining.
- Pull 8 oz spoodle and 10 oz dish and covers.
- Wash hands thoroughly and put on gloves.
- Using one 8 oz spoodle, portion 1 cup into each container. Cover and date stamp.
- Place on sheet pan in single layer and refrigerate until service.
- *CCP*: Hold below 41°F.

SERVE

- Serve one Walnut & Apple Waldorf Salad with Yogurt.
- Serve this fruit salad with whole grains and a walking salad for grab & go fun.
- This Waldorf salad can be served immediately or refrigerated for 24 hours.
- *CCP*: Hold below 41°F.

PRODUCTION NOTES

- California walnuts are best kept frozen, and can be used from a frozen state.
- Walnuts are the only nut significantly high in the omega-3 fatty acid alpha-linolenic acid (ALA) (2.5g/oz).

APPROXIMATE NUTRIENTS PER SERVING

| | |
|---------------|--------|
| CALORIES | 340 |
| PROTEIN | 15 g |
| CARB | 31 g |
| TOTAL FAT | 19 g |
| SATURATED FAT | 1.75 g |
| TRANS FAT | 0 g |
| CHOLESTEROL | 5 mg |
| VITAMIN A | 17 IU |
| VITAMIN C | 21 mg |
| IRON | 1 mg |
| CALCIUM | 170 mg |
| SODIUM | 55 mg |
| FIBER | 4 g |
| SUGARS | 22 g |



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