



STRAWBERRY, WALNUT, FETA & SPINACH SALAD

HACCP Process Same Day Service

YIELD

100 servings

MEAL COMPONENTS

2 oz eq meat/meat alternate (1 oz eq each from walnuts and cheese), 1 cup vegetables (½ cup dark green vegetable, ¼ cup red/orange vegetable, ¼ cup other vegetable), ½ cup fruit

INGREDIENTS

California Walnuts	6 lb + 4 oz
Fresh Baby Spinach, RTU	15 lb + 12 oz
Fresh Shredded Carrots, RTU	5 lb + 4 oz
Fresh Avocados, Whole	12 lb + 4 oz
Fresh Strawberries	19 lb + 4 oz
Feta Cheese Crumbles	6 lb + 4 oz
Lite Poppy Seed Dressing	6 lb + 4 oz

ALLERGENS: Milk, Tree Nuts, Soybeans

DIRECTIONS

(Day of Service)

PRE-PREP

- Clean and sanitize workstation.
- Pull 100 entrée salad containers and lids and place at workstation.
- Pull strawberries from cooler and place at produce sink.
- Wash hands thoroughly and put on gloves.
- Gently rinse strawberries, discard bruised strawberries.
- Let drain and dry.
- Pull avocados from cooler and place at produce sink.
- Wash avocados thoroughly and let drain and dry.
- **CCP:** Prepare foods at room temperature in two hours or less.

PREP

- Wash hands thoroughly and put on gloves.
- Slice off hull and slice each strawberry into 4 pieces.
- Place in food storage container and set aside for assembly.
- Wash hands thoroughly and put on gloves.
- Slice each avocado in half, discard pit.
- Using paring knife, slice each avocado half into chunks.

(continued)



- Scoop out onto shallow steam table pan.
- Cover with parchment paper and set aside for assembly.
- *CCP*: Never handle ready-to-eat foods with bare hands.
- Pull California walnuts from freezer and place at workstation.
- Pull feta cheese, fresh spinach and shredded carrots from cooler and place at workstation.
- Wash hands thoroughly and put on gloves.
- Place 1 packed cup of fresh spinach leaves in entrée salad container using an 8 oz spoodle.
- Sprinkle ¼ cup shredded carrots on top of spinach on far-left side using a 2 oz spoodle.
- Add ¼ cup avocado chunks in a line next to the carrots using a 2 oz spoodle.
- Add ¼ cup feta cheese crumbles next in a line using a 2 oz spoodle.
- Add ¼ cup walnut pieces next in a line using a 2 oz spoodle.
- Add ½ cup strawberries next in a line using a 4 oz spoodle.
- Cover, date stamp and refrigerate for service.
- *CCP*: Hold below 41°F.

SERVE

- Serve one Strawberry, Walnut, Feta & Spinach Salad with 1 oz poppy seed dressing.
- *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	450
PROTEIN	11 g
CARB	25 g
TOTAL FAT	36 g
SATURATED FAT	8 g
TRANS FAT	0 g
CHOLESTEROL	25 mg
VITAMIN A	7622 IU
VITAMIN C	40 mg
IRON	2.3 mg
CALCIUM	235 mg
SODIUM	505 mg
FIBER	7 g
SUGARS	9 g



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