

Spokane Nutrition Services

Recipe: 000896 SALAD LENTIL CONFETTI

Recipe Source: E-54-SP
 Recipe Group: SALADS

Recipe HACCP Process: #3 Complex Food Preparation

Alternate Recipe Name:
 Number of Portions: 25
 Size of Portion: 1/2 c Servings

R001015 RICE,Cooked Brown 1 c.....	5 CUP	1. Cook rice day ahead & cool. CCP: (Thick viscosity food put into 2" full hotel pan uncovered) Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours
016069 LENTILS,RAW FSA 831724..... 075010 WATER,COLD..... 990010 SPICE: GARLIC,GRANULATED 7G1030.....	1 LB 1 QT 1 TSP	Cook Lentils separately & add to salad at the end. 2. Weigh lentils: Pick over and remove any shriveled lentils, debris, or rocks. Thoroughly rinse under running water. 3. Cook Lentils on stove top: •Leave the pan uncovered Bring water to a boil, add lentils & garlic granules reduce heat & simmer for about 10-12 minutes or until lentils are tender & soft but skin still in tact. Stir lentils occasionally during cooking. 4. Remove from heat & Run under cold water immediately to cool. Drain.
011529 TOMATOES,RED,RIPE,RAW, FSA 38032..... 903121 PEPPERS, RED DICED SWEET..... 902231 PEPPERS,SWEET,GREEN,RAW FSA#134671..... 900140 ONIONS, FRESH Diced FSA 727204..... 903086 CELERY, DICED FSA #727269.....	1 CUP, chopped 1 CUP 1 CUP, chopped 1/2 CUP, chopped 1 1/2 CUP	5. Dice tomatoes, peppers, celery & onions.
902235 SALAD DRESSING, ITALIAN BULK FSA#603627...	1 1/4 CUP	6. Mix together, cooked lentils, diced veggies, cooked rice. Add Italian Salad Dressing. 7. Let salad marinate overnight to allow flavors to be absorbed into rice & lentils. Each #8 scoop of salad = 1/2 cup legumes CCP: Hold for cold service at 41° F or lower. Record temperature at start & service

*Nutrients are based upon 1 Portion Size (1/2 c Servings)

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Calories	158 kcal	Cholesterol	0.00 mg	Sugars	*0.69* g	Calcium	17.56 mg	33.40%	Calories from Total Fat
Total Fat	5.87 g	Sodium	127.04 mg	Protein	5.72 g	Iron	1.62 mg	5.92%	Calories from Saturated Fat
Saturated Fat	1.04 g	Carbohydrates	19.65 g	Vitamin A	224.85 IU	Water ¹	*84.26* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	6.34 g	Vitamin C	9.29 mg	Ash ¹	*0.69* g	49.66%	Calories from Carbohydrates
								14.45%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... oz	Vegetarian	Y - Soy	N - Milk	
Grain..... oz			N - Egg	
Fruit..... cup			N - Peanut	
Vegetable..... 0.5 cup			N - Tree Nut	
Milk..... cup			N - Fish	
Moisture & Fat Change			N - Shellfish	
Moisture Change. 0%			N - Wheat	
Fat Change..... 0%				
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
R	001015	RICE,Cooked Brown 1 c			
I	016069	LENTILS,RAW FSA 831724			
I	075010	WATER,COLD			
I	990010	SPICE: GARLIC,GRANULATED 7G1030			
I	011529	TOMATOES,RED,RIPE,RAW, FSA 38032			
I	903121	PEPPERS, RED DICED SWEET			
I	902231	PEPPERS,SWEET,GREEN,RAW FSA#134671			
I	900140	ONIONS, FRESH Diced FSA 727204			
I	903086	CELERY, DICED FSA #727269			
I	902235	SALAD DRESSING, ITALIAN BULK FSA#603627			

Notes

Production Notes:
 Major Ingredients: rice, tomato, peppers, Lentils (legumes), onions, black olives, soy(salad dressing)

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Spokane Nutrition Services

Page 3

Recipe

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Serving Notes:

Purchasing Guide:

Miscellaneous Notes:

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