

Recipe Name: MOROCCAN CARROT SALAD

Adapted for Auburn S.D.

Recipe Category: Vegetable

Recipe #: 105

Ingredients	50 Servings		100 Servings		____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Carrots, peeled and grated	3 lb + 2 oz		6 lb + 4 oz				<ol style="list-style-type: none"> Combine grated carrots, dried raisins or cherries in a large mixing bowl and set aside. Combine orange juice, lemon juice, orange zest, brown sugar, salt and cinnamon in the bowl of a mixer. Mix on medium speed, using a wire whip, until well blended. Or, with a whisk, mix by hand in a mixing bowl. Slowly add the olive oil while mixing; whisk until well combined. Pour the citrus cinnamon dressing over the grated carrot mixture and mix until carrots are well coated with dressing. Serve chilled. <p>CCP: Hold at 41 degrees F or below for cold service.</p>
Raisins or dried cherries	8 oz		1 lb				
Dressing:							
Fresh Orange Juice		3/8 cup		3/4 cup			
Fresh Lemon Juice		1/4 cup		1/2 cup			
Fresh Orange Zest		1 Tbsp + 1 tsp		2 Tbsp + 2 tsp			
Brown Sugar		2 Tbsp		1/4 cup			
Salt		1 tsp		2 tsp			
Cinnamon, ground		1 tsp		2 tsp			
Vegetable Oil (or Olive oil)		1 cup		2 cups			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
1/4 cup		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
		1/4 cup (red/orange vegetable)	

Nutrient Analysis (optional)		
Calories: 67	Saturated Fat: .68 gram	Sodium: 66.84 mg