



Chef's Choice Seasonal Entree Salad

SERVINGS
1 → 40

Celebrate the flavors of the season with this versatile chef salad that can be customized based on available ingredients, preferences, and menu needs. Start with a choice of fresh salad greens, then add a lean protein, a colorful selection of seasonal fruits and vegetables, preferred cheeses, and a complementary dressing. This flexible recipe encourages creativity while maintaining a balanced combination of protein, produce, and flavor. This recipe can be adapted throughout the year to showcase fresh, locally available ingredients to provide a satisfying, nutrient-rich meal.

RECIPE SOURCE

RecipeTree

PREP TIME

20 MIN

TOTAL TIME

20 MIN

Ingredients

- 80 cups mixed salad green
- 5 pounds protein, cooked lean
- 20 cups seasonal fresh fruit, and/or vegetables
- 2 pounds 8 ounces cheese
- 10 cups dressing of choice

Cooking Instructions

- Gather all ingredients and equipment.
CCP: Wash your hands with warm water and soap for at least 20 seconds
CCP: Follow community policies for major allergens and gluten regarding identification, labeling and measures to control cross contact.
- Prep fresh produce.
CCP: Cut off bruised or damaged areas. Wash produce under running water, even if they will be peeled or cut. Scrub firm skins and rinds with a produce brush. Don't use soap.
- Prepare single serving plated salads in the following amounts:
 - ~2 cups mixed salad greens (green leaf, red leaf, romaine, iceberg, spinach, kale, arugula, butterhead)
 - ~2 ounces cooked lean protein (chicken breast, grilled shrimp, sliced turkey breast, ham, egg)
 - ~1/2 cup seasonal fresh fruit and/or vegetables (berries, apples, oranges, cucumbers, carrot, onion, tomatoes, squash/zucchini, avocado)
 - ~1 ounce cheese (swiss, cheddar)
 - 1/4 cup dressing of choice
- Refrigerate until time of service.
CCP: Refrigerate at 40° F (4°C) or below.
- Hold for service.
CCP: Hold at an internal temperature of 41°F (5°C) and below.

Serving Instructions

Serve 1 each composed salad for approved diet types and textures.

Nutrition Facts

Amounts Per Serving

Calories 528

Total Fat 39g

Saturated Fat 10g

Trans Fat 0g

Polyunsaturated Fat 16g

Monounsaturated Fat 9g

Cholesterol 92mg

Sodium 790mg

Total Carbohydrates 19g

Dietary Fiber 3g

Sugar 12g

Protein 26g

Vitamin A 4590IU

Vitamin C 46mg

Calcium 265mg

Iron 2mg

Phosphorous 406mg

Potassium 548mg

****DIET TYPES****

Diabetic (CCHO): YES

Heart Healthy/Cardiac: Heart Healthy Seasonal Chef Salad

Low Sodium: YES

Vegetarian: Vegetarian Chef Salad

Gluten Free: YES, check ingredient labels

****TEXTURES & CONSISTENCIES****

FF: YES, serve in pita

EC7/Soft: lean cooked protein AND Buttered Vegetable, soft

SB6: Soft & Bite Sized lean cooked protein AND see IDDSI Vegetable Collection

MM5: Minced & Moist lean cooked protein AND see IDDSI Vegetable Collection

PU4: Pureed lean cooked protein AND see IDDSI Vegetable Collection

Notes

Recipe adapted by RecipeTree.Pro for healthcare use/food service on 6.5.26.

Note: Items listed in parenthesis are suggestions; other options may be used.

Check ingredient labels for specific allergens according to the ingredients used.

Nutrition Facts listed are approximate and will change based on ingredients chosen.

Recipe Tags

parent recipe low sodium
diabetic gluten free chilled
plates or bowls tongs knife
cutting board cold hold entree
entree/main dish dinner lunch
fruit vegetable regular