



Chef's Choice Seasonal Entree Salad

RecipeTree

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.

Servings: 1 → 40

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

Nutrition

Calories 527, Total Fat 38g, Saturated Fat 10g, Trans Fat 0g, Polyunsaturated Fat 16g, Monounsaturated Fat 8g, Cholesterol 91mg, Sodium 789mg, Total Carbohydrates 19g, Dietary Fiber 2g, Sugar 12g, Protein 26g, Vitamin A 4590IU, Vitamin C 46mg, Calcium 264mg, Iron 1mg, Phosphorous 405mg, Potassium 548mg

Cooking instructions

1. 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.
2. 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.
3. 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
4. Refrigerate until time of service.
CCP: Refrigerate at 41° F (5°C) or below.
5. 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.

****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. Updated 7.13.26. 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.

Equipment

cutting board, knife, tongs, chilled plates or bowls

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
