

“PEAS ON EARTH” TACO SALAD



YIELD: 100 servings

SERVING SIZE: 1 salad

PREP TIME: 45 minutes

COOK TIME: 15-20 minutes



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INGREDIENTS	WEIGHT	MEASURE	METHOD
Mayonnaise, low-fat		2 qt, 1 cup	1. Thaw corn and chicken in the refrigerator the day before. 2. Make dressing: In a large bowl or round storage container, whisk together mayonnaise, yogurt, milk, ranch seasoning, cilantro, and lime juice. Whisk until mixture is smooth. Stir in salsa verde. CHEF'S NOTE: Flavor of the dressing is best if made the day before.
Yogurt, high protein/Greek, plain, nonfat	32 oz container	4 cup	
Milk, low-fat 1%		1 qt, 1 ½ cup	
Ranch seasoning, dry		1 ¼ cup	
Cilantro, leaves, dried		¾ cup	
Lime juice, bottled or fresh		1 ½ cup	
Salsa Verde		1 ½ cup	
Split peas, green, dry	5 lb, 4 oz	2 qt, 1 cup	3. Cook and season split peas: Rinse split peas and remove any undesirable substances (rocks, dirt). Drain well. Bring water to a boil and add split peas. Reduce heat to a simmer. Cook split peas uncovered until cooked al dente (tender but firm), about 15-20 minutes. Drain and run under cold water to cool. Toss with taco seasoning. Yields 25 cups cooked. Store in the refrigerator. CCP: Cool to 70°F or lower within 2 hours and 40°F or lower within 6 hours. 4. Build salads: Serve 2 cups romaine topped with ¼ oz cheese, ¼ cup seasoned split peas, 2 Tbsp (1 oz ladle) corn, 1.7 oz chicken, 1 Tbsp green onions, 2 oz (about 3 Tbsp 1 tsp) dressing and ¼ oz crushed tortilla chips. Optional: Garnish with chopped, fresh cilantro.
Water		3 gal, 2 cup	
Taco seasoning, low sodium		¾ cup	
Lettuce, fresh, romaine, chopped	25 lb, 10 oz		
Mexican-style cheese blend, shredded	1 lb, 9 oz		
Corn, whole kernel, no salt added, frozen	4 ½ lb	16 ⅔ cup	
Chicken, Fajita strips	10 lb, 10 oz		
Green onions, chopped with tops	1 lb, 11 oz		
Tortilla chips, whole grain, crushed	1 lb 9 oz		
Cilantro, fresh, chopped (optional)		2 cup	

Meal Components per salad:

1.5 oz eq Meat/Meat Alternate, 0.25 oz Grain, and 1 ⅔ cups Vegetables (1 cup Dark Green, ¼ cup Legumes, Beans and Peas and ⅓ cup Starchy vegetable subgroups) OR 2.5 oz eq Meat/Meat Alternate, 0.25 oz Grain and 1 ⅔ cups Vegetables (1 cup Dark Green and ⅓ cup Starchy vegetable subgroup)

Approximate nutritional contribution per salad:

283 Calories, 10 g Fat, 3 g Saturated Fat, 0 g Trans fat, 50 mg Cholesterol, 651 mg Sodium, 32 g Carbohydrate, 8 g Dietary Fiber, 7 g Sugars, 19 g Protein, 10303 IU Vitamin A, 9 mg Vitamin C, 160 mg Calcium, 2 mg Iron.

COOLING: CCP: Cool to 70°F or lower within 2 hours and from 70°F to 40°F within 4 more hours. Place in shallow pans with a product depth of 2 inches or less and refrigerate or place shallow pans of product into ice bath, immerse pans into ice up to product level and stir frequently. Cover and label product.

SANITATION INSTRUCTIONS: Wash hands and exposed parts of arms before handling food, after handling raw foods, and after any interruption that may contaminate hands. Wash, rinse and sanitize all equipment and utensils before and after use. Return all ingredients to refrigerator if preparation is interrupted. Measure all internal product temperatures with a cleaned and sanitized thermocouple or thermometer every 2 hours. Thaw frozen product properly using an FDA recommended method.

*Other pulses may be used in this recipe. For example, green lentils or pinto beans may be used in place of split peas.

