



## Harvest Spinach and Apple Chicken Salad

Crisp spinach and Romaine salad with apples, cheddar cheese, dried cranberries, and teriyaki grilled chicken strips.

**Recipe Project Name:** Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development  
*Virginia Department of Education*

**Preparation Time:** 1 hour

**Cook Time:** 10-20 minutes

**NSLP/SBP crediting information:**

1 salad provides 2 ½ oz equivalent meat, ⅝ cup fruit, and 1 cup dark green vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Grilled teriyaki chicken tenders, ¾ oz each	7 lb 0.5 oz	150 each	14 lb 1 oz	300 each	<ol style="list-style-type: none"> <li>1. Bake teriyaki chicken according to package directions Critical Control Point: Heat to 165 °F for at least 15 seconds.</li> <li>2. Cut the chicken into ½-inch slices (if not already done), then refrigerate, allowing the chicken to chill. Critical Control Point: Cool to 41 °F or lower within 4 hours.</li> </ol>
*Romaine lettuce, chopped	4 lb 2 oz	3 gal 2 cups	8 lb 4 oz	6 gal 1 qt	
*Apples, unpeeled, diced into ½-inch cubes	6 lb 14 oz	1 gal 2 qt 1 cup	13 lb 12 oz	3 gal 2 cups	<ol style="list-style-type: none"> <li>4. Dice apples into ½-inch cubes and soak in a combination of lemon juice and water to keep from discoloring.</li> </ol>



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p><b>5.</b> While apples are soaking, arrange the desired number of serving containers on a prep table.</p> <p><b>6.</b> Drain the apples using a colander, then place them on a sheet tray and allow to air dry.</p>
*Baby spinach, fresh leaves, ready to use	8 lb	3 gal 2 cups	16 lb	6 gal 1 qt	<p><b>7.</b> Combine spinach and romaine in a bowl and hand-mix using gloves.</p> <p><b>8.</b> Portion 2 cups (3.9 oz) of the salad mixture into each serving container.</p>
Cheddar cheese, reduced-fat, shredded	1 lb 9 oz	1 qt 2 ¼ cups	3 lb 2 oz	3 qt ½ cup	<p><b>9.</b> Arrange 2 ¼ oz of diced chicken, 1 Tbsp shredded cheddar, 1 Tbsp dried cranberries and 2 oz of diced apples on each salad.</p>
Dried cranberries	15 oz	3 ⅞ cups	1 lb 15 oz	1 qt 2 ¼ cups	
					<p><b>10.</b> Cover and refrigerate until service.</p> <p>Critical Control Point: Hold for cold service at 41 °F or lower.</p>



## NUTRITION INFORMATION

For 1 salad

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>241</b>
<b>Total Fat</b>	<b>9 g</b>
Saturated Fat	4 g
Cholesterol	41 mg
<b>Sodium</b>	<b>430 mg</b>
<b>Total Carbohydrate</b>	<b>25 g</b>
Dietary Fiber	5 g
Total Sugars	11 g
Added Sugars included	N/A
<b>Protein</b>	<b>17 g</b>
Vitamin A	N/A
Vitamin C	N/A
Vitamin D	N/A
Calcium	203 mg
Iron	3 mg
Potassium	N/A

N/A=data not available.

## SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

## MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Baby spinach, fresh leaves, ready to use	8 lb	16 lb
Romaine lettuce, untrimmed	6 lb 7 oz	12 lb 13 oz
Apples, fresh, 125-138 count	6 lb 14 oz	13 lb 12 oz

## NOTES

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #3: Complex

## YIELD/VOLUME

50 Servings	100 Servings
About 50 salads.	About 100 salads.
About 3 gal 2 cups salad mix; 7 lb 0.5 oz chicken; 1 gal 2 qt 1 cup diced apples; 3 cup 2 Tbsp cheese; 3 cup 2 Tbsp dried cranberries.	About 6 gal 1 qt salad mix; 14 lb 1 oz chicken; 2 gal diced apples; 1 qt 2 ¼ cup cheese; 1 qt 2 ¼ cup dried cranberries.
Each salad will have about 2 cups salad mix, 2 ¼ oz chicken, ½ cup diced apples, 1 Tbsp cheese, 1 Tbsp dried cranberries.	Each salad will have about 2 cups salad mix, 2 ¼ oz chicken, ½ cup diced apples, 1 Tbsp cheese, 1 Tbsp cranberries.

