

SPICY CARROT SALAD

This easy, vibrant dish is full of flavor. Tender carrots, jalapeno, onion and oregano are a delicious medley.



ONE PORTION PROVIDES:
½ cup vegetable

INGREDIENTS	100 SERVINGS	DIRECTIONS
Carrots, coins, frozen, without salt	11 ½ pounds	1. Steam carrots for 6-8 minutes or until carrots are tender-crisp. CCP-Minimum internal temperature should be 140°F. or above. 2. While still warm, add jalapenos, onions, salt, oregano and oil. Toss to combine. Refrigerate overnight to allow flavors to meld. CCP-Cool quickly (per HACCP) to internal temperature of 40°F. or below for use. Cold Hold: Hold at <= 40.00 °F NOTE: If using fresh whole carrots: 3. Trim and peel carrots and cut into 1/2-inch coins on the bias. Steam for 10 to 12 minutes or until carrots are tender-crisp.
Peppers, jalapeno, sliced, canned	2 ½ pound	
Onion, yellow, 1/4-inch diced	6 pounds	
Salt, Kosher	1 tablespoon	
Oregano, dried leaves	4 teaspoons	
Canola/olive oil blend	1 cup	

SERVING NOTES:

Serving size	1/2 Cup	Yield, weight	17 Pounds, 15 1/8 Ounces
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RECIPE NOTES:

NUTRIENTS PER SERVING							
Calories	37	Total Fat (gm)	2.5	Vitamin A (IU)	3812	Iron (mg)	0.5
Protein (gm)	0.5	Saturated Fat (gm)	0.5	Vitamin C (mg)	3	Sodium (mg)	270
Carbohydrate (gm)	4	Cholesterol (mg)	0	Calcium (mg)	16	Dietary Fiber (gm)	1.5