Asian Carrot Salad



1 Serving Provides:

CACFP: ½ cup Vegetable NSLP: ½ cup Red/Orange Vegetables SFSP: ½ cup Vegetable

HACCP Process #1 No Cook Preparation

	50 Servings		100 Servings			
Ingredients	Weight	Measure	Weight	Measure		
Carrots, fresh, grated	5 pounds	1 gallon + 1 quart	10 pounds	2 gallons + 2 quarts		
Red bell pepper, fresh, diced	12 ounces	2½ cups	1 pound 8 ounces	1 quart + 1 cup		
Raisins or dried cranberries	12 ounces	2 cups	1 pound 8 ounces	1 quart		
Sunflower seeds, shelled, raw	12 ounces	2 cups	1 pound 8 ounces	1 quart		
Orange juice		2½ cups		1 quart + 1 cup		
Vegetable oil		½ cup + 2 Tablespoons		1¼ cups		
Low sodium soy sauce		½ cup + 2 Tablespoons		1¼ cups		
Sugar		2 Tablespoons		1⁄4 cup		
Ground ginger		1 teaspoon		2 teaspoons		
Cayenne pepper		½ teaspoon		1 teaspoon		



Directions

1. Combine grated carrots, diced bell pepper, raisins or dried cranberries, and sunflower seeds in a large mixing bowl.

2. In a separate container whisk together the orange juice, vegetable oil, low sodium soy sauce, sugar, ground ginger and cayenne pepper. Pour the dressing over the carrots and stir to combine.

CCP: Hold for cold service at or below 41°F.

Just before service stir the salad again to distribute any dressing that may have settled to the bottom. Serve ½ cup portions using a #8 scoop.

Serving	Yield	Volume	Nutrients Per	Nutrients Per Serving						
½ cup	50 Servings: about 8 pounds 100 Servings: about 16 pounds	50 Servings: about 1½ gallons 100 Servings: about 3 gallons	Calories Total Fat Saturated Fat	114 6.5 g 0.5 g	Sodium Carbohydrate Dietary Fiber	125 mg 13 g 2 g	Vitamin A Vitamin C Iron	7675 IU 13 mg 0.6 mg		
			Cholesterol	0 mg	Protein	2 g	Calcium	25 mg		

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. ©2016 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.