



Harvest of the Month

LEAFY GREENS

RECIPE: OLD ORCHARD BEACH SCHOOLS "GREEK SALAD"

YIELD: 50 SERVINGS

INGREDIENTS

5 lb diced, cooked potatoes
 2 oz diced green pepper
 12 oz mayonnaise
 1 1/2 tsp salt
 1/2 tsp black pepper
 6 lb 4 oz chopped romaine lettuce
 5 lb 10 oz diced tomato
 2 lb cucumbers cut in 2" sticks

10 oz green pepper cut into rings
 26 each chopped green onions
 3 cups olives (Greek or black)
 6 cups whole pepperoncini peppers
 50 hard boiled eggs cut into quarters
 1 lb 10 oz feta cheese
 1 1/2 quarts Greek dressing

FOR GREEK DRESSING:

4 1/2 cups olive or soy oil
 1 1/2 cups distilled white or apple cider vinegar
 1/2 cup lemon juice
 2 Tbsp dried oregano (or 6 Tbsp fresh)
 3 tsp garlic powder
 2 tsp salt
 2 tsp dry mustard



PREPARATION

1. Steam potatoes for 30-45 minutes. Cool, peel and dice into 1/2 inch cubes (left-over baked potatoes may also be used).
2. Prepare vegetables according to ingredient list.
3. Hard-cook eggs, peel, and cool or use purchased hard-cooked eggs. Slice each egg into four quarters.
4. Combine potatoes, green pepper, mayonnaise, salt and pepper. Mix lightly until well blended.
5. Chill at least 1 hour before serving.

TO MAKE GREEK DRESSING:

1. Blend all ingredients listed for the dressing and mix together well.
2. Portion 1 oz of dressing into a 2 oz soufflé cup with lid.
3. 1 portion is to be served with 1 Greek salad.

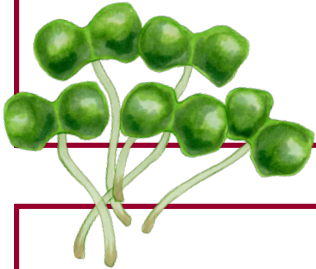
Adapted from: Old Orchard Beach Schools & Healthy School Recipes

ASSEMBLY PER PORTION:

1. Spread 1 1/2 cups lettuce on salad plate
2. Scoop #16 scoop of potato salad onto center of lettuce.
3. Place 4 egg quarters on a plate.
4. Arrange other foods attractively on plate:
 - tomatoes, diced (2 Tbsp)
 - cucumber sticks (2)
 - green pepper ring (1)
 - green onion (sliced into rings)
 - Greek pepper (1 whole)
 - olives (1 Tbsp or 2-3 each)
5. Sprinkle 1/2 oz feta cheese and 1/2 oz mozzarella cheese over entire salad.
6. Serve with 1 oz Greek dressing and 2 oz bread/grain item.

MEAL PATTERN CONTRIBUTION

13 oz meat/meat alternate
 1 1/2 cup vegetable
 3/4 cup dark leafy green,
 1/4 cup red/orange,
 1/4 cup starchy, 1/4 cup other



RECIPE: THREE SISTERS SALAD

YIELD: 60 - 1 cup SERVINGS

INGREDIENTS

5 lb diced butternut squash
 3/8 cup 3 Tbsp olive oil
 1 #10 can Great Northern canned beans, drained (can use fresh in season!)
 1 #10 can whole kernel canned corn, drained (can use fresh in season!)
 1/2 cup diced red onion
 18 cups chopped romaine lettuce
 3 Tbsp balsamic vinegar

PREPARATION

1. Preheat oven to 400° F.
2. Distribute squash evenly between three baking sheets. Toss each sheet with 2 Tbsp olive oil and bake for 20 minutes, stirring halfway through. Set aside to cool.
3. In a large bowl, toss together beans, corn, and onion, and dress with 3 Tbsp olive oil and balsamic vinegar.
4. Serve immediately with lettuce or chill for 2-4 hours and then toss with lettuce.

Adapted from: Wisconsin Department of Public Instruction & Healthy School Recipes

"The perfect salad for a hot day! Loaded with deliciously baked butternut squash, beans, corn and onions, and dressed with a tangy balsamic dressing. This salad is sure to be a great addition to any meal!"



MEAL PATTERN CONTRIBUTION

7/8 cups vegetable:
 1/8 cup dark green,
 1/8 cup beans/peas,
 3/8 cup red/orange,
 1/8 cup starchy

