

BERRY CHICKEN SALAD

This refreshing salad comes together quickly by combining a romaine blend with mixed berries, onion, snap peas, and diced chicken. Dress with Razzy Ranch Dressing for a colorful dish.



PORTION SIZE: 1 salad

CREDITING: One portion provides 2 oz eq M/MA, ¼ cup dark green vegetable, ¼ cup other vegetables, and ¼ cup fruit.



INGREDIENTS	40 SERVINGS	DIRECTIONS
Romaine blend	3 ¾ pounds	1. Combine in serving bowl in the following order: <ul style="list-style-type: none"> • 1 ¼ ounces Romaine blend • 1/4 cup berries • 2 slices red onion • 2-3 sugar snap peas • 2 ounces diced chicken 2. Dress with 2 ounces of Razzy Ranch Dressing over top just prior to serving.
Blueberries, raspberries or strawberries.	3 quarts	
Onion, red, raw, sliced	1 cup	
Sugar snap peas, raw	5 pounds	
Chicken, cooked, diced	5 pounds	

NUTRITION INFORMATION			1 serving = 1 salad		
NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	273		Total Carbohydrate	25.2	(g)
Total Fat	15.25	(g)	Dietary Fiber	3.24	(g)
Saturated Fat	2.24	(g)	Total Sugars		(g)
Cholesterol	43	(mg)	Vitamin D	n/a	(IU)
Sodium	111	(mg)	Calcium	43.75	(mg)
Protein	18.4	(g)	Iron		(mg)

NOTES

YIELD/VOLUME

SOURCE

Minneapolis Public Schools