

Broccoli Salad

Vegetable/Fruit

Vegetable/Fruit

Modified E-11

Ingredients	25 Servings		50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	Weight	Measure	
Yogurt, Plain, Skim Milk	4 oz	½ cup	½ lb	1 cup	1 lb	½ qt	1. Dressing: Combine yogurt and light mayonnaise, sugar, vinegar, and milk. Mix well.
Light mayonnaise	4 oz	½ cup	½ lb	1 cup	1 lb	½ qt	
Sugar	2 oz	1/8 cup	4 oz	¼ cup	8 oz	½ cup	
White vinegar		1 Tbsp		2 Tbsp		¼ cup	
Lowfat 1% Milk		1 Tbsp		2 Tbsp		¼ cup	
Fresh broccoli, chopped	1 lb 1 oz	1 qt 1 ½ cup	2 lb 2 oz	2 qt 3 cup	4 lb 4 oz	5 qt 2 cup	2. Add dressing to chopped broccoli.
Raisins, soaked in water	10 oz	1 ¾ cup 2 Tbsp	1 lb 4 oz	3 ¾ cups	2 lb 8 oz	7 ½ cups	3. Soak raisins in boiling hot water until softened. Add raisins to broccoli mixture. Stir to coat all pieces with yogurt-mayonnaise mixture. Spread 2 lb 8 oz (1 qt 2 ¼ c) into each pan (9"13"2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
							4. CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until ready to serve
							5. Mix lightly before serving. Portion with no. 16 scoop (1/4 cup).

Serving:	Yield:	Volume:
¼ cup (no 16 scoop) provides ¼ cup Fruit/Vegetable serving.	25 Servings: 2 lb 8 oz	25 Servings: 1 qt 2 ¼ cups 1 pan
	50 Servings: 5 lb	50 Servings: 3 qt ½ cups 2 pans
	100 Servings: 10 lb	100 Servings: 6 qt 1 cups 4 pans

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Nutrients Per Serving					
Calories	60	Saturated Fat	0 g	Iron	.37 mg
Protein	1 g	Cholesterol	0 mg	Calcium	25.4 mg
Carbohydrate	12 g	Vitamin A	131 IU	Sodium	45 mg
Total Fat	1.5 g	Vitamin C	17.5 mg	Dietary Fiber	1 g
Calories from Fat	15 (25%)				