

# Harvest Spinach and Apple Chicken Salad

Prep: 1 Hour | Cook Time: 10-20 minutes (refer to chicken packaging)

Crisp spinach and Romaine salad with apples, cheddar cheese, dried cranberries, and teriyaki grilled chicken strips.

**Serving Size:** 1 salad

**Crediting Information:** 1 salad provides 2.25 oz eq meat/MA, ½ cup fruit, 1 cup dark green vegetable.

**Substitutions:** Kale can be used for all or a portion of the spinach. Pears or grapes can be substituted for apples. Plain chicken seasoned with preferred spice blend can be substituted for teriyaki chicken.





**Source:** Team Nutrition Training Grant for School Meal Recipe Development, Virginia Department of Education

FY 21 Cohort A



*\*This recipe can be gluten free if the chicken tenders are a gluten free certified product. Always check the product label for verification.*



Ingredient	50 Servings Weight	50 Servings Measure	100 Servings Weight	100 Servings Measure
Grilled teriyaki chicken tenders, ¾ oz each 	7 lb ½ oz	150 each	14 lb 1 oz	300 each
Romaine lettuce, chopped 	4 lb 2 oz	3 gal 2 cups	8 lb 4 oz	6 gal 1 qt
Apples, unpeeled, diced into ½" cubes 	6 lb 14 oz	1 gal 2 qt 1 cup	13 lb 12 oz	3 gal 2 cups
Baby spinach, fresh leaves, ready to use 	8 lb	3 gal 2 cups	16 lb	6 gal 1 qt
Cheddar cheese, reduced-fat, shredded	1 lb 9 oz	1 qt 2 ¼ cups	3 lb 2 oz	3 qt ½ cup
Dried cranberries	15 oz	3 ¾ cups	1 lb 14 oz	1 qt 2 ¼ cups

## Nutrition Information

Serving Size: 1 salad = 2 cups salad mix, 2 ¼ oz chicken, ½ cup diced apples, 1 Tbsp cheese, 1 Tbsp cranberries

Nutrients	Amount
Calories	241
Total Fat	9 g
Saturated Fat	4 g
Cholesterol	41 mg
Sodium	430 mg
Total Carbohydrate	25 g
Dietary Fiber	5 g
Total Sugars	11 g
Added Sugars Included	N/A
Protein	17 g
Vitamin D	N/A
Calcium	203 mg
Iron	3 mg
Potassium	N/A

N/A = Data not available

## Marketing Guide

Food as Purchased for	50 Servings	100 Servings
Baby spinach, fresh leaves, ready to use	8 lbs	16 lbs
Romaine lettuce, untrimmed	6 lbs 7 oz	12 lbs 14 oz
Apples, fresh, 125-138 count	6 lbs 14 oz	13 lbs 12 oz

Notes
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.
Cooking Process #3: Complex

## Yield/Volume

50 Servings	100 Servings
<p>50 salads</p> <p>3 gal, 2 cups salad mix; 7 lb ½ oz chicken; 1 gal, 2 qt, 1 cup diced apples; 1 qt, 2 ¼ cups cheese; 3 ⅝ cup dried cranberries</p> <p>Each salad will have about 2 cups salad mix, 2 ¼ oz chicken, ½ cup diced apples, 1 Tbsp cheese, 1 Tbsp dried cranberries</p>	<p>100 salads</p> <p>6 gal, 1 qt salad mix; 14 lb, 1 oz chicken; 3 gal, 2 cups diced apples; 3 qt, ½ cup cheese; 1 qt, 2 ¼ cup dried cranberries</p> <p>Each salad will have about 2 cups salad mix, 2 ¼ oz chicken, ½ cup diced apples, 1 Tbsp cheese, 1 Tbsp dried cranberries</p>



### Chef Tips:

- If using lemon juice:
  - For 50: 1 gallon of water and 1 cup of lemon juice.
  - For 100: 2 gallons of water and 2 cups of lemon juice.
- Alternatively, you can use Nature Seal in place of the lemon juice using the same ratio.
- This recipe can be offered with a variety of dressings.

### To wash greens:

- Sanitize a large prep sink.
- Fill the sink ¾ full of cold water.
- Add greens and swirl them around a few times.
- Let sit for 5 minutes to allow sand and dirt to settle at the bottom of the sink.
- Lift the greens out of the water (without disturbing the sediment at the bottom of the sink) and drain in a salad spinner or perforated pan.
- Allowing greens to dry overnight allows them to rehydrate and become crisper. DO NOT allow greens to sit in water this will accelerate the spoiling process.

## Directions

1. Bake teriyaki chicken according to package directions.

- Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.



2. Cut the chicken into ½” slices (if not already done). Then refrigerate, allowing the chicken to cool.

- Critical Control Point: Cool to 41°F or lower within 4 hours.



3. Wash and chop Romaine lettuce.

- \*See chef tip.



4. Dice apples into ½” cubes and soak in a combination of lemon juice and water to keep from discoloring.

- \*See chef tip.



5. While apples are soaking, arrange the desired number of serving containers on a prep table.

6. Drain the apples using a colander. Then place them on a sheet tray and allow to air dry.

7. Combine spinach and Romaine in a bowl and mix using gloved hands or tongs.

8. Portion 2 cups (3.9 oz) of the salad mixture into each serving container.

9. Arrange 2.25 oz of diced chicken, 1 Tbsp of shredded cheddar, 1 Tbsp of dried cranberries, and ½ cup of diced apples on each salad.

- \*Refer to picture.



10. Cover and refrigerate until service.

- Critical Control Point: Hold for cold service at 41°F or lower.

