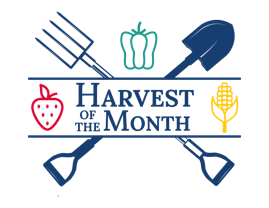
# Office of School and Community Nutrition Programs Logo

Standardized Recipe

**Watermelon Feta Salad** 

**Yield:** 50 or 100 servings

**Recipe Number: Serving Size:** ½ cup **Category:** Side Dish

**Total Time:** 20 minutes

*Please see the* [*ICN’s Basic Culinary Math for School Nutrition Professionals*](https://theicn.org/icn-resources-a-z/basic-culinary-math-for-school-nutrition-professionals/) *for recipe adjustment procedures.*

| Ingredient | 50 Servings Weight | 50 Servings  Measure | 100 Servings Weight | 100 Servings Measure | Directions for 50 servings |
| --- | --- | --- | --- | --- | --- |
| Watermelon, fresh, AP | 16 lbs. + 8 oz. |  | 33 lbs. |  | 1. Wash watermelon. Remove rind. |
| Feta Cheese, crumbled | 6 oz. |  | 12 oz. |  | 1. Dice watermelon into 1” cubes.  Divide evenly into two 4” full steamtable pans. |
| Arugula, fresh, washed, AP | 4 oz. |  | 8 oz. |  | 1. Combine feta cheese, arugula, and chopped mint into each pan with diced watermelon. **CCP:** **Hold for cold service at 410 F or lower.** |
| Mint Leaves, fresh, washed, chopped, AP | 1.5 oz. |  | 3 oz. |  | 1. Portion ½ cup with #8 scoop. |

## Preparation Time:

## 10 minutes

## Cook Time:

* No Cook

## HACCP Process:

* Process #1 – No Cook

## Contribution to Meal Pattern:

* ½ cup Fruit

## Contribution to Vegetable Subgroups:

* N/A

## Virginia Harvest of the Month Vegetable(s) and/or Fruit(s):

* Watermelon

## Considerations for Seasonality:

* Peak watermelon season is July – September

## Additional Serving Suggestions:

* Recipe can be customized with dressings – olive oil, lemon juice, balsamic, etc.

## Notes:

* One asterisks (\*) indicates USDA Foods.

## Allergens:

* Milk

## Nutrition Information:

* Per serving:
  + Calories - 57 kcal
  + Total Fat – 1.22 g
  + Saturated Fat – 0.63 g
  + Cholesterol – 4.04 mg
  + Sodium – 53.99 mg
  + Carbohydrates – 11.43 g
  + Dietary Fiber – 0.68 g
  + Total Sugars – 9.16 g
  + Protein – 1.63 g

## Recipe Source:

* Henrico County Public Schools