



For the Health of It, Kid Approved

John C. Stalker Institute of Food and Nutrition
Framingham State College
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Recipe Contest

Recipe Title: Mandarin Salad



Recipe Category: Vegetables/Sauces/Salads/Dressings

Ingredients	Weight / Measure	Directions
Lettuce, iceberg/romaine bag	1 gallon + 1 quart	<p>Wash lettuce and put in a large bowl. In a second bowl, add oil, sugar, vinegar, parsley, salt and pepper; mix until sugar disappears. Wash celery and chop into small pieces. Add celery to salad dressing mixture. Drain Mandarin oranges and add to salad dressing mixture. Prior to serving, add salad dressing mixture to lettuce; toss to combine. Place 1/2 cup salad into 50 salad bowls. Serve immediately. Make 50 servings at a time so that lettuce does not wilt.</p>
Oil, corn or canola	1 1/4 cup	
Sugar, granulated	1 cup + 2 tablespoons	
Vinegar, cider	1 cup + 2 tablespoons	
Parsley, dried	1 tablespoon + 2 teaspoons	
Salt, table	2 1/2 teaspoons	
Pepper, black, ground	1 teaspoon	
Celery, raw, chopped	1 quart + 1 cup	
Mandarin oranges, canned, light syrup	55 ounce can (approximately half of #10 can)	

Submitted by: Martha Pellegrino, Blackstone Valley Technical High School Public Schools

Adapted from: Betty Crocker Cookbook

Serving: 1/2 cup

Yield: 50 Servings

Volume:

Nutrients Per Serving

Calories 87	Carbohydrate 9.29g	Saturated Fat 0.81g	Vitamin A 733 IU	Iron 0.4mg	Sodium 131mg
Protein 0.54g	Total Fat 5.67g	Cholesterol 0mg	Vitamin C 7.51mg	Calcium 15.4mg	Dietary Fiber 0.77g

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