



The John C. Stalker Institute
of Food and Nutrition
AT FRAMINGHAM STATE UNIVERSITY

Lettuce/Tomato/Onion

Recipe HACCP Process: #1 No Cook

Serving Size: ¾ cup

Yield: 50

Source: JSI Back to Basics: Mediterranean Flavors Recipe

Ingredients:

Ingredient Name	Measurements
Lettuce, raw, shredded	1 ½ gal + 1 cup
Tomatoes, red, raw, chopped or sliced	1 qt + 2 ¼ cup
Onions, raw, chopped	1 qt + 2 ¼ cup

**Note: Choose USDA foods whenever available to save on cost.*

Instructions:

1. Top the shredded lettuce with the chopped tomatoes and onions.
2. Serve ¾ cup in pita pocket or as a side (credits toward ½ cup “other” vegetable subgroup).
3. Hold for cold service at 41° F or lower.

Nutritional Analysis:

Nutrients	Amount based on one serving
Calories	16.05 kcal
Total Fat	0.14 g
Saturated Fat	0.02 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
Sodium	3.81 mg
Total Carbohydrate	3.52 g
Dietary Fiber	1.10 g
Total Sugars	1.72 g
Protein	0.71 g

Meal Component Information:

Meal Components	Amount
Vegetable	0.5 cup

**Note: For schools with access to Mosaic, these recipes are also available to import from the Community recipe section by searching the recipe name or using the search term of "John C. Stalker" as the district.*