



# Salad Shakers

## USDA Recipe for CACFP

Shake things up with a salad shaker! A spinach vinaigrette dressing blends the cool and crisp flavors of tomatoes, cucumbers, carrots, onions, dried cranberries, eggs, apples, and romaine lettuce in this colorful and crunchy layered salad in cup.

**CACFP CREDITING INFORMATION**  
 One salad shaker provides 2 oz equivalent meat alternate, 3/4 cup vegetable, and 3/8 cup fruit.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Apple juice concentrate		1 1/2 cups		3 cups	<b>1</b> Dressing: Pour apple juice concentrate, olive oil, vinegar, salt, pepper, garlic, and spinach into a blender. Blend on high speed until dressing is liquefied and smooth. DO NOT OVERMIX.  For 25 servings, mix for 2–3 minutes. For 50 servings, mix for 3–5 minutes.
Olive oil		1/4 cup 2 Tbsp		3/4 cup	
Balsamic vinegar		1/2 cup 2 Tbsp		1 1/4 cups	
Salt		1 tsp		2 tsp	
Black pepper		1 tsp		2 tsp	
Garlic, minced		2 Tbsp	3 oz	1/4 cup	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Fresh baby spinach, leaves	8 oz	3¼ cups	1 lb	1 qt 2½ cups	
					<b>2</b> Cover and refrigerate at 40 °F until ready for service. Set aside for step 5.
					<b>3</b> Place 16 oz drinking cups with domed lids on a sheet pan (18" x 26" x 1").  For 25 servings, use 2 pans (12 cups on 1 pan and 13 cups on 1 pan). For 50 servings, use 4 pans (13 cups on 3 pans and 11 cups on 1 pan)
					<b>4</b> Assembly per cup:
					<b>5</b> First layer: Portion 2 Tbsp spinach dressing on the bottom of each container.
*Fresh tomatoes, diced	1 lb 8 oz	1 qt ¼ cup	3 lb	2 qt ½ cup	<b>6</b> Second layer: Portion ¼ cup tomatoes on top of dressing.
*Fresh cucumbers, diced	12 oz	2 cups 1 Tbsp 1½ tsp	1 lb 8 oz	1 qt 3 Tbsp	<b>7</b> Third layer: Portion ⅓ cup cucumbers on top of tomatoes.
*Fresh carrots, shredded	12 oz	3⅓ cups	1 lb 8 oz	1 qt 3⅓ cups	<b>8</b> Fourth layer: Portion ¼ cup carrots on top of cucumbers.
*Fresh red onions, thinly sliced	10 oz	½ cup 2 Tbsp	1 lb 4 oz	1¼ cups	<b>9</b> Fifth layer: Portion ¼ cup onions on top of carrots.



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Dried cranberries	1 lb	3 cups 3 Tbsp 1½ tsp	2 lb	1 qt 2¼ cups 3 Tbsp	<b>10</b> Sixth layer: Portion 2 Tbsp cranberries on top of onions.
Boiled eggs, diced	2 lb 12.5 oz	3 qt 1 cup	5 lb 9 oz	1 gal 2 qt 2 cups	<b>11</b> Seventh layer: Portion ½ cup eggs on top of cranberries.
*Fresh apples, diced	12 oz	2¾ cups	1 lb 8 oz	1 qt 1½ cups	<b>12</b> Eighth layer: Portion ¼ cup apples on top of eggs.
*Fresh romaine lettuce, shredded	1 lb 8 oz	2 qt 2¾ cups 2 Tbsp	3 lb	1 gal 1 qt 1¾ cups	<b>13</b> Ninth layer: Portion ½ cup lettuce on top of apples.
					<b>14</b> Critical Control Point: Cool to 40 °F or lower within 4 hours.
					<b>15</b> Critical Control Point: Hold at 40 °F or below.
					<b>16</b> Serve 1 salad shaker.



**NUTRITION INFORMATION**

For 16 oz cup (1 salad shaker).

**NUTRIENTS**
**AMOUNT**
**Calories**
**231**
**Total Fat**
**9 g**

Saturated Fat

2 g

Cholesterol

188 mg

**Sodium**
**165 mg**
**Total Carbohydrate**
**29 g**

Dietary Fiber

3 g

Total Sugars

24 g

Added Sugars included

N/A

**Protein**
**8 g**

Vitamin D

44 IU

Calcium

55 mg

Iron

1 mg

Potassium

361 mg

N/A=data not available.

**SOURCE**

USDA Standardized Recipes Project.

**MARKETING GUIDE**

Food as Purchased for	25 Servings	50 Servings
Mature red onions	12 oz	1 lb 8 oz
Spinach	8 oz	1 lb
Tomatoes	1 lb 12 oz	3 lb 8 oz
Cucumbers	13 oz	1 lb 10 oz
Carrots	12 oz	1 lb 8 oz
Apples	14 oz	1 lb 12 oz
Romaine lettuce	2 lb 6 oz	4 lb 12 oz

**NOTES**

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

**YIELD/VOLUME**

25 Servings	50 Servings
About 13 lb 7 oz	About 26 lb 14 oz
About 1 gal 2 qt 2 <sup>7</sup> / <sub>8</sub> cups/25 salad shakers	About 3 gal 1 qt 1 <sup>3</sup> / <sub>4</sub> cups/50 salad shakers