



# Tossed Green Salad Recipe



**SHALITFOODS**  
INNOVATIVE BRANDS | CANADA | USA





# Tossed Green Salad Recipe

Recipe Items:	1 Portion	5 Portions
PE Spinach (PE#21743)	#16 Scoop (60 gm)	300 gm (10.6 oz)
PE Carrot (PE#21734)	1 Tbsp (15 ml)	75 gm (2.7 oz)
Vinaigrette Dressing	2 Tbsp (30 ml)	150 ml (5.1 fl oz)

Nutritional analysis presented contains only these ingredients

1 cm chub slice = approx. 40gm,  
1" chub slice- approx. 100gm



1. Thaw frozen products in refrigerator for a maximum 48 hrs.

Cold Service - Keep Puree Essentials food cold prior to service, below 4° C or 40° F.



2. Plate the #16 Scoop (60 gm) of spinach mousse. Break apart the spinach with a spoon or scoop to alter the rounded scoop form.



3. Using a spoon, evenly cover the spinach mousse with small mounds of the 1 Tbsp (15 ml) of carrot mousse.



4. Drizzle the 2 Tbsp (30 ml) of vinaigrette dressing over the salad.



Cold Service - keep Puree Essentials food temperatures cold, below 4° C or 40° F.

**Variations:** add protein or other vegetable combinations.

For additional flavours and variety, ground herbs, dressings, and toppings can be used.

Nutrition Facts	
Valeur nutritive	
Per 1 salad (83g) / par 1 salad (83g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories</b> 100	
<b>Fat / Lipides</b> 5g	<b>8%</b>
Saturated / satures .5g	
+ Trans / trans 0g	<b>3%</b>
<b>Cholesterol / Cholesterol</b> 0mg	
<b>Sodium / Sodium</b> 390mg	<b>16%</b>
<b>Carbohydrate / Glucides</b> 6g	<b>2%</b>
Fibre / Fibres less than 1g	<b>2%</b>
Sugars / Sucres 2g	
<b>Protein / Proteines</b> 8g	
Vitamin A / Vitamine A	16%
Vitamin C / Vitamine C	4%
Calcium / Calcium	4%
Iron / Fer	10%

