

# Israeli Salad

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Process #2- Same Day Service

Yield:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Cucumbers, diced	4 ½ lbs.		9 lbs.	
Tomatoes, diced	6 lbs. 12 oz.		13 lbs. 8 oz.	
Red onion, diced	2 lbs. 12 oz.		5 lbs. 8 oz.	
Parsley, fresh, minced		1 pint (2 cups)		1 quart (4 cups)
Olive oil		¾ cup		1 ½ cups
Salt		1 ½ tbsp.		3 tbsp.
Lemon juice		¾ cup		1 ½ cups

HACCP – Standard Operating Procedure – Use handwashing procedures before starting recipe

HACCP – Standard Operating Procedure – Wash all produce before starting this recipe

## Preparation

1. Prepare vegetables as listed above.
2. Combine all ingredients until evenly mixed.
3. Store in cooler overnight or until meal service.

HAACP Critical Control Point: Hold at internal temperature of 40 degrees F or below.

## Serving Information

Portion ¾ cup Israeli salad to provide ¾ cup other vegetable.

OR

Portion 3/8 cup Israeli salad to provide 3/8 cup vegetable serving.

## Nutrition Information per flatbread \*From USDA Nutrient Database

Calories: 52 Total Fat: 3.5g Saturated Fat: 0.5g Monounsaturated Fat: 2.5g Polyunsaturated Fat: 0.4g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 5g Fiber: 1g Total Sugar: 2.5g Protein: 1g Sodium: 199mg  
Vitamin A: 31µg Vitamin C: 13mg Calcium: 17mg Iron: 0.4mg Folate: 17µg