



# Spinach Power Salad with Yogurt Dressing

*Created by Chef Peter Brattan, Toms River Regional School District, Toms River, NJ*

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Vegetable

Recipe HACCP Process: #2 Same Day Service

## Ingredients

Fresh spinach (7 lbs)  
Red onion, medium, chopped (1 cup)  
Red Pepper, medium, chopped (1-1/2 cup)  
Celery, chopped (2 cups)  
Red wine vinegar (1 cup)  
Olive Oil (1/2 cup)  
Dijon mustard (1/2 cup)  
Salt (1 tsp)  
Pepper (1/2 tsp)  
Garlic, fresh, minced (2 Tbsp)  
Yogurt, Greek, Vanilla (1 pt)  
Bacon, cooked, drained, (24 pieces)  
Eggs, hard boiled, cooled (1 dz)  
Cheese, mozzarella, shredded (1-1/2 lb)  
Cranberries, dried, chopped (1 cup)  
Dinner rolls, whole grain (48 each)

## Preparation

1. Wash and dry the spinach. Chop onion, pepper and celery.
2. Combine all vegetables in a serving bowl.
3. Whisk the red wine vinegar, olive oil, Dijon mustard, salt, pepper, and garlic together.
4. In a separate bowl, whisk the yogurt and add the vinegar mixture quickly. Keep at 41°F or below (CCP) until ready to serve. Put 1 oz. into portion cup.
5. Portion 3/4 cup of vegetable mixture into container. Sprinkle bacon and cheese on top and place 1/2 egg cut into 2 wedges on side. Garnish with cranberries.
6. Serve salad with 1 oz. dressing and 2 dinner rolls.

## Serving:

Meets: 1 cup vegetable serving; 2 grain servings

## Yield:

24 Servings

## Nutrients Per Serving

Calories: 473 kcal	Total Fat: 18.99 g	Saturated Fat: 5.53 g	Cholesterol: 212.61 mg	Sodium: 1042.64 mg	Carbohydrate: 47.28 g
Dietary Fiber: 5.71 g	Protein: 27.60 g	Vitamin A: 12727.36 IU	Vitamin C: 41.59 mg	Calcium: 267.78 mg	Iron: 5.96 mg