



Broccoli Salad USDA Recipe for Schools

Our Broccoli Salad combines fresh broccoli and red onions in a slightly sweet creamy dressing.

NSLP/SBP CREDITING INFORMATION

1/2 cup (No. 8 scoop) provides 1/2 cup dark green vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Low-fat mayonnaise	2 lb	3 cups	4 lb	1 qt 2 cups	1 Dressing: Combine mayonnaise, sugar, vinegar, and milk in a medium bowl. Stir well. Set aside for step 3.
Sugar	1 lb	2 cups	2 lb	1 qt	
White vinegar		1/2 cup		1 cup	
Low-fat (1%) milk		2/3 cup		1 1/3 cups	
*Fresh broccoli, florets	4 lb	1 gal 3 qt 1/2 cup	8 lb	3 gal 2 qt 1 cup	2 Combine broccoli, walnuts (optional), onions, and dried cranberries in a large bowl. Toss lightly.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	

(Optional) Walnuts, chopped	1 lb	1 qt	2 lb	2 qt	
*Fresh red onions, diced	6 oz	1 cup 2 Tbsp 2 tsp	12 oz	2¼ cups 1 Tbsp 1 tsp	
Dried cranberries	1 lb	3 cups 3 Tbsp 1 tsp	2 lb	1 gal 2¼ cups 2 Tbsp 2 tsp	

- 3 Pour 3 cups (about 1 lb 8 oz) dressing over 1 gal (about 3 lb 1 oz) vegetable mixture. Stir well.
- 4 Transfer 3 qt (about 4 lb 8 oz) broccoli salad to a steam table pan (12" x 20" x 2½").

For 50 servings, use 2 pans.
For 100 servings, use 4 pans.
- 5 Critical Control Point:
Cool to 41 °F or lower within 4 hours.
- 6 Critical Control Point:
Hold at 41 °F or below.
- 7 Portion with No. 8 scoop (½ cup).

Broccoli Salad

NUTRITION INFORMATION

For ½ cup (No. 8 scoop).

NUTRIENTS	AMOUNT
Calories	107
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	6 mg
Sodium	170 mg
Total Carbohydrate	22 g
Dietary Fiber	2 g
Total Sugars	18 g
Added Sugars included	N/A
Protein	1 g
Vitamin D	2 IU
Calcium	23 mg
Iron	0 mg
Potassium	128 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE		
Food as Purchased for	50 Servings	100 Servings

Mature red onions	8 oz	1 lb
Broccoli	4 lb	8 lb

NOTES

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

Cooking Process: #1: No Cook.

YIELD/VOLUME	
50 Servings	100 Servings

About 9 lb	About 18 lb
About 1 gal 2 cups/2 steam table pans (12" x 20" x 2½")	About 2 gal 1 qt/4 steam table pans (12" x 20" x 2½")

