

Greek Zoodle Salad

Featured Item: Tomatoes
Serving Size: 1/2 cup • Yield 50

HACCP Process #2:
Same day service

Child Nutrition Credit:
.05 Cup of Other

INGREDIENTS

SALAD

1 1/2 quarts Zucchini
1 quart Cucumber, seedless
1 quart Cherry Tomatoes, Local
2/3 cups Red Onion, chopped
1 1/2 cups Black Olives
1 cup Feta Cheese

DRESSING

1 cup Extra Virgin Olive Oil
2/3 cup Red Wine Vinegar
2 tbsp Lemon Juice
3 tsp Garlic, minced
3/4 tsp Kosher Salt
2 tbsp Oregano
1/2 tsp Black Pepper
3 tsp Dijon Mustard



DIRECTIONS

1. Wash and prepare all vegetables. Quarter and slice cucumbers into pieces. Spiralize zucchini, if needed. Slice grape tomatoes in half. Dice red onions.**
2. Combine all dressing ingredients in a bowl. Whisk together until blended.
3. To make salad, combine all vegetables, cheese, and dressing in a bowl. Toss until all vegetables and cheese are coated with dressing.
4. Serve.

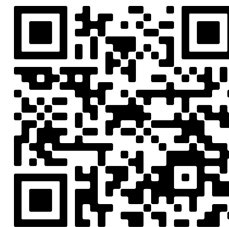
**Best practice is to use local produce and feta cheese.

**Use fresh zucchini and spiralize. (2-3 zucchini yields 2 1/2 cups of spiralized zucchini).

**If a spiralizer is not available, purchase pre-spiralized zucchini.

NUTRITION FACTS

Calories: 134
Total Fat: 13 g
Saturated Fat: 3 g
Trans Fat: 0 g
Cholesterol: 8 mg
Sodium: 244 mg
Total Carbohydrate: 3.5 g
Dietary Fiber: 1 g
Total Sugars: 1 g
Protein: 3 g



Scan the code to learn more about Harvest of the Month.

Tomato Basil Pizza

Featured Item: Tomatoes
Serving Size: 1 slice • Yield 24

HACCP Process #2:
Same Day Service

Child Nutrition Credit:
2 oz Meat/Meat Alternate
3 oz Whole Grain Rich Equivalent
0.125 Cups of Red/Orange

INGREDIENTS

- 3** Pizza Dough Ball, Whole Grain, 22 oz
- 3 quarts** Mozzarella Cheese, shredded
- 3 cups** Pizza Sauce, with basil
- 1/3 cup** Basil, Local
- 24 slices** Tomatoes, Local

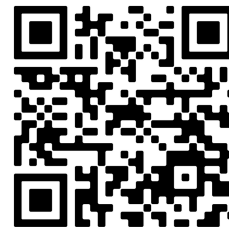


DIRECTIONS

1. Preheat oven to 350 degrees.
2. Prepare pizza dough according to instructions.
3. Spread sauce over crust.
4. Top with cheese.
5. Slice tomatoes and remove seeds and excess juice to reduce excess moisture while pizza is cooking.
6. Top with basil leaves.
7. Bake until golden brown.
8. Cut into 8 slices and serve.

NUTRITION FACTS

Calories: 359
Total Fat: 14 g
 Saturated Fat: 7 g
 Trans Fat: 0 g
Cholesterol: 30 mg
Sodium: 666 mg
Total Carbohydrate: 37 g
 Dietary Fiber: 4 g
 Total Sugars: 3.5 g
Protein: 20 g



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