

Greek Zoodle Salad

Featured Item: Tomatoes
Serving Size: 0.25 cup • Yield 40

HACCP Process #2:
Same day service

CACFP Credit:
0.25 Cup of Vegetables

INGREDIENTS

SALAD

1 lbs., 8 oz Squash, summer, raw
1 pint, 1/4 cup diced Cucumber, seedless
1 pint, 1/4 cup Cherry Tomatoes, Local
1/2 cup Red Onion, chopped
1 cup Black Olives
1 3/4 cup Feta Cheese

DRESSING

1/3 cup, 2 tsp Extra Virgin Olive Oil
1/4 cup Red Wine Vinegar
1 tbsp Lemon Juice
1 tsp Garlic, minced
1/4 tsp Kosher Salt
1 1/2 tsp Oregano
1/8 tsp Black Pepper
1 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 squash and spiralize. (2-3 squash yields 2 1/2 cups of spiralized squash).

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

NUTRITION FACTS

Calories: 48
Total Fat: 4 g
Saturated Fat: 1 g
Trans Fat: 0 g
Cholesterol: 6 mg
Sodium: 121 mg
Total Carbohydrate: 2 g
Dietary Fiber: 0.3 g
Total Sugars: 0.8 g
Protein: 1.2 g



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

Tomato Basil Pizza

Featured Item: Tomatoes
Serving Size: 1 slice • Yield 20

HACCP Process: #3 -
Complex Food Preparation

CACFP Credit:
1.5 oz of Meat/Meat Alternate
2.75 oz of Grain
1/8 Cup of Vegetables

INGREDIENTS

- 2** Pizza dough ball, WG, Dough Go's, 28oz
- 1 lbs., 14oz** Mozzarella Cheese, shredded
- 1 pt.** Pizza Sauce, with Basil
- 1/4 cup** Basil, Local, chopped
- 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 20 slices and serve.

NUTRITION FACTS

Calories: 342
Total Fat: 9 g
 Saturated Fat: 7 g
 Trans Fat: 0 g
Cholesterol: 22.5 mg
Sodium: 443 mg
Total Carbohydrate: 44 g
 Dietary Fiber: 5 g
 Total Sugars: 3 g
Protein: 16 g



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Tomato Basil Pizza

Featured Item: Tomatoes
Serving Size: 1 slice • Yield 10

HACCP Process: #3 -
Complex Food Preparation

CACFP Credit:
1.5 oz of Meat/Meat Alternate
2.75 oz of Grain
1/8 Cup of Vegetables

INGREDIENTS

- 1** Pizza Dough Ball, Whole Grain, 22 oz
- 15 oz** Mozzarella Cheese, shredded
- 1 cups** Pizza Sauce, with Basil
- 1/4 cup** Basil, Local, chopped
- 12 slices** Tomatoes, Local

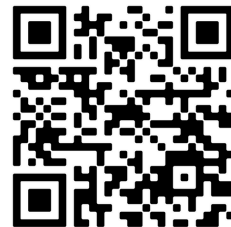


DIRECTIONS

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 10 slices and serve.

NUTRITION FACTS

Calories: 342
Total Fat: 9 g
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 Trans Fat: 0 g
Cholesterol: 22.5 mg
Sodium: 443 mg
Total Carbohydrate: 44 g
 Dietary Fiber: 5 g
 Total Sugars: 3 g
Protein: 16 g



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Greek Zoodle Salad

Featured Item: Tomatoes
Serving Size: 0.25 cup • Yield 6

HACCP Process #2:
Same day service

Child Nutrition Credit:
0.25 Cup of Vegetables

INGREDIENTS

SALAD

3 5/8 oz Squash, summer, raw
1/3 cup, 1/4 tsp diced Cucumber, seedless
1/3 cup, 1/4 tsp Cherry Tomatoes, Local
1 tbsp, 5/8 tsp Red Onion, chopped
2 tbsp, 1 1/4 tsp Black Olives
1/4 cup, 5/8 tsp Feta Cheese, crumbled

DRESSING

2 3/4 tsp Extra Virgin Olive Oil
1 7/8 tsp Red Wine Vinegar
1/2 tsp Lemon Juice
1/4 tsp Garlic, minced
1/8 tsp Kosher Salt
1/4 tsp Oregano
1/8 tsp Black Pepper
1/4 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.
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4. Serve.

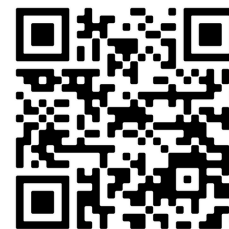
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