

Carrot Raisin Salad

Carrot Raisin Salad is a favorite springtime recipe packed with fresh carrots, canned pineapple tidbits, fresh green apples, raisins, and shredded coconut. Yummy!

CACFP Home Childcare Crediting Information

½ cup (½ cup measuring cup or No. 8 scoop) provides ¼ cup vegetable (¼ cup red/orange vegetable) and ¼ cup fruit.



Preparation Time: 30 minutes

Cooking Time: 10 minutes

Makes: 6 servings

Ingredients

- ⅔ cup or 5 oz Low-fat yogurt, plain
- ¼ cup or 2 oz Low-fat mayonnaise
- ¼ tsp Salt
- ⅛ tsp Ground nutmeg
- 1 Tbsp plus 1 ½ tsp Apple cider vinegar
- ¼ cup or 2 ½ oz Honey
- ¾ cup or 6 ½ oz Fresh carrots, shredded coarsely
- 1 cup or 7 ½ oz Canned pineapple tidbits in 100% juice, drained
- 1 cup or 4 oz Fresh green apples, cored, small diced, unpeeled
- 1 ¼ cups or 2 ½ oz Golden raisins
- ¼ cup or ½ oz Coconut, shredded

Directions

- 1 Dressing:** Combine yogurt, mayonnaise, salt, nutmeg, vinegar, and honey in a medium bowl. Stir well. Set aside for step 3.
- 2** Combine carrots, pineapple tidbits, apples, and raisins in a large bowl. Toss lightly. Set aside for step 3.
- 3** Pour dressing over fruit and vegetable mixture. Stir well.
- 4** Garnish with coconut.
- 5** Cover and refrigerate. Keep the salad refrigerated or store at a cool temperature of 40 °F or lower until ready to serve.
- 6** Serve chilled.
- 7** Serve ½ cup (portion with ½ cup measuring cup or No. 8 scoop).

Source:

CACFP Home Childcare 6-Serving Recipe Project

Nutrients Per Serving: **Calories** 189, **Protein** 4 g, **Carbohydrates** 39 g, **Dietary Fiber** 2 g, **Total Sugars** 32 g, **Total Fat** 3 g, **Saturated Fat** 1 g, **Cholesterol** 5 mg, **Sodium** 217 mg, **Vitamin A** 287 mcg RAE, **Vitamin C** 6 mg, **Vitamin D** 0 IU, **Calcium** 50 mg, **Iron** 1 mg, **Potassium** 209 mg





Carrot Raisin Salad

USDA Recipe for CACFP

Our Carrot Raisin Salad is sure to please with carrots, pineapple, apples, and raisins all in a yogurt-based dressing.

CACFP CREDITING INFORMATION

½ cup (No. 8 scoop) provides ¼ cup vegetable and ¼ cup fruit.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Yogurt, low-fat, plain	1 lb 4 oz	2½ cups	2 lb 8 oz	1 qt 1 cup	<p>1 Dressing: Combine yogurt, mayonnaise, salt, nutmeg, vinegar, and honey in a medium bowl. Stir well. Set aside for step 3.</p> <p>2 Combine carrots, pineapple tidbits, apples, and raisins in a large bowl. Toss lightly. Set aside for step 3.</p> <p>3 Pour 1 qt (about 2 lb 8 oz) dressing over 2 qt 3 cups (about 3 lb 6 oz) vegetable mixture. Stir well.</p> <p>4 Transfer 2 qt 3 cups (about 5 lb 11 oz) carrot raisin salad to a steam table pan (12" x 20" x 2½").</p> <p>For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p>
Mayonnaise, low-fat	8 oz	¾ cup	1 lb	1½ cups	
Salt		¾ tsp		1½ tsp	
Nutmeg, ground		½ tsp		1 tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Apple cider vinegar		1/3 cup 2 tsp		2/3 cup 1 Tbsp 1 tsp	5 Garnish with coconut.
Honey		1 cup		2 cup	6 Critical Control Point: Cool to 40 °F or lower within 4 hours.
*Carrots, fresh, shredded coarsely	1 lb 10 oz	3 3/4 cups 1 Tbsp 2 1/4 tsp	3 lb 4 oz	1 qt 3 1/2 cups 3 Tbsp 1 1/2 tsp	7 Critical Control Point: Hold at 40 °F or below.
Pineapple tidbits, canned, in 100% juice, drained	1 lb 15 oz	3 3/4 cups 2 Tbsp (1/2 No. 10 can)	3 lb 14 oz	1 qt 3 3/4 cups (1 No. 10 can)	8 Portion with No. 8 scoop (1/2 cup).
*Green apples, fresh, cored, diced, unpeeled	1 lb	3 2/3 cups	2 lb	1 qt 3 1/3 cups	
Golden raisins	9 1/2 oz	1 1/4 cups 1 1/8 tsp	1 lb 3 oz	2 1/2 cups 2 1/4 tsp	
Coconut, shredded	2 oz	2/3 cup	4 oz	1 1/3 cups	



NUTRITION INFORMATION

For ½ cup (No. 8 scoop).

NUTRIENTS	AMOUNT
Calories	170
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Total Fat	3 g
Saturated Fat	1 g
Cholesterol	4 mg
Sodium	196 mg
Total Carbohydrate	36 g
Dietary Fiber	2 g
Total Sugars	29 g
Added Sugars included	N/A
Protein	2 g
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Vitamin D	0 IU
Calcium	61 mg
Iron	1 mg
Potassium	164 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Carrots	1 lb 10 oz	3 lb 4 oz
Green apples	1 lb 2 oz	2 lb 4 oz

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

25 Servings	50 Servings
About 5 lb 11 oz	About 11 lb 6 oz
About 2 qt 3 1/3 cups/1 steam table pan (12" x 20" x 2 1/2")	About 1 gal 1 qt 2 3/4 cups/2 steam table pans (12" x 20" x 2 1/2")





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Carrot Raisin Salad is a favorite springtime recipe packed with fresh carrots, canned pineapple tidbits, fresh green apples, raisins, and shredded coconut. Yummy!

CACFP Adult Portion Crediting Information

$\frac{3}{4}$ cup (6 oz spoodle) provides $\frac{1}{2}$ cup vegetable ($\frac{1}{2}$ cup red/orange vegetable) and $\frac{1}{4}$ cup fruit.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 25 servings
	Weight	Measure	Weight	Measure	
Low-fat yogurt, plain	1 lb 4 oz	2 $\frac{1}{2}$ cups	2 lb 8 oz	1 qt 1 cup	1 Dressing: Combine yogurt, mayonnaise, salt, nutmeg, vinegar, and honey in a medium bowl. Stir well. Set aside for step 3.
Low-fat mayonnaise	8 oz	$\frac{3}{4}$ cup	1 lb	1 $\frac{1}{2}$ cups	
Salt		$\frac{3}{4}$ tsp		1 $\frac{1}{2}$ tsp	
Ground nutmeg		$\frac{1}{2}$ tsp		1 tsp	
Apple cider vinegar		$\frac{1}{3}$ cup		$\frac{2}{3}$ cup	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Honey		1 cup		2 cups	
*Fresh carrots, finely diced	3 lb 2 oz	3 qt 1 ½ cups	6 lb 4 oz	1 gal 2 qt 3 cups	2 Combine carrots, pineapple tidbits, apples, and raisins in a large bowl. Toss lightly.
Canned pineapple tidbits in 100% juice, drained	1 lb 15 oz	1 qt (approx. ½ No. 10 can)	3 lb 14 oz	2 qt (approx. 1 No. 10 can)	
*Fresh green apples, cored, diced, unpeeled	1 lb	1 qt	2 lb	2 qt	
Golden Raisins	9 ½ oz	1 ½ cups	1 lb 3 oz	3 cups	
					3 Pour 2 lb 8 oz (1 qt 1 cup) dressing over 6 lb 10 oz (1 gal 1 qt 1 cup) vegetable mixture. Stir well.
					4 Transfer 9 lb (1 gal 1 qt) carrot-raisin salad to a steam table pan (12" x 20" x 2 ½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Coconut, shredded	2 oz	⅔ cup	4 oz	1 ⅓ cups	5 Garnish with coconut.
					6 Critical Control Point: Cool to 40 °F or lower within 4 hours.
					7 Critical Control Point: Hold at 40 °F or below.
					8 Portion with a 6 oz spoodle (¾ cup).

NUTRITION INFORMATION

For ¾ cup (6 oz spoodle)

NUTRIENTS	AMOUNT
Calories	194
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Total Fat	3 g
Saturated Fat	1 g
Cholesterol	5 mg
Sodium	204 mg
Total Carbohydrate	41 g
Dietary Fiber	3 g
Total Sugars	33 g
Added Sugars included	N/A
Protein	4 g
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Vitamin A	507 mcg RAE
Vitamin C	8 mg
Vitamin D	0 IU
Calcium	54 mg
Iron	1 mg
Potassium	198 mg
N/A = data not available	

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Fresh Carrots	3 lb 2 oz	6 lb 4 oz
Fresh Green Apples	1 lb 2 oz	2 lb 4 oz

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 #2: Same Day Service.

YIELD/VOLUME

25 Servings	50 Servings
About 9 lb	About 18 lb
About 1 gal 1 qt/1 steam table pan (12" x 20" x 2 ½")	About 2 gal 2 qt/2 steam table pans (12" x 20" x 2 ½")

SOURCE:

CACFP Adult Portion Recipe Project