

Simple Tomato & Cucumber Salad



Vegetable					
Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Olive oil		3 1/8 cups		6 1/4 cups	1. Whisk olive oil, red wine vinegar, oregano, and pepper in a bowl until mixed. Reserve for step 3. 2. Dice tomatoes, cucumbers, and red onions. Place them in steamtable pans (12" x 20" x 2 1/2"). 3. Pour dressing over diced vegetables and toss to coat. Serve immediately or refrigerate until ready to serve.
Red wine vinegar		1 3/4 cup		3 1/8 cups	
Dried oregano		1/4 cup		1/2 cup	
Ground black pepper		1 Tbsp		2 Tbsp	
Tomatoes, whole, <i>diced</i>	6 lbs 10 oz	12 1/2 cups	13 lbs 4 oz	25 cups	
Cucumbers, whole, unpared, <i>diced</i>	4 lbs 8 oz	12 1/2 cups	9 lbs	25 cups	
Red onion, whole, mature, <i>diced</i>	1 lb 6 oz	3 1/8 cups	2 lbs 12 oz	6 1/4 cups	

Serving	Yield	Volume
1/2 cup of salad (1 serving provides 1/4 cup serving of red/orange vegetables and 1/4 cup serving of other vegetables)	50 Servings: 25 cups	50 Servings: 2 steamtable pans (12" x 20" x 2 1/2")
	100 Servings: 50 cups	100 Servings: 4 steamtable pans (12" x 20" x 2 1/2")

Nutrients Per Serving			
Calories	140	Saturated Fat	2 g
Protein	1 g	Cholesterol	0 mg
Carbohydrate	3 g	Vitamin A	28 mcg
Total Fat	9 g	Vitamin C	11 mg
		Iron	1 mg
		Calcium	20 mg
		Sodium	5 mg
		Dietary Fiber	1 g