

# Chicken or Turkey Salad

Meat/Meat Alternate

Salads and Salad Dressings

E-05

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
*Cooked, chicken or turkey, chilled, chopped	6 lb 6 oz	1 gal 1 qt	12 lb 12 oz	2 gal 2 qt	1. Combine chicken or turkey, celery, onions, pickle relish, pepper, and dry mustard. Add salad dressing or mayonnaise. Mix lightly until well blended. Spread 5 lb 7 oz (approximately 3 qt ½ cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
*Fresh celery, chilled, chopped	1 lb 5 oz	1 qt 1 cup	2 lb 10 oz	2 qt 2 cups	
*Fresh onions, chopped OR Dehydrated onions	12 oz OR 2 ¼ oz	2 cups 2 Tbsp OR 1 cup 2 Tbsp	1 lb 8 oz OR 4 ½ oz	1 qt ¼ cup OR 2 ¼ cups	
Sweet pickle relish, chilled, undrained	15 oz	1 ¾ cups	1 lb 14 oz	3 ½ cups	
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp	
Dry mustard		1 Tbsp 1 ½ tsp		3 Tbsp	
Reduced calorie salad dressing OR Lowfat mayonnaise	1 lb 9 ½ oz OR 1 lb 9 ½ oz	3 ¼ cups OR 3 ¼ cups	3 lb 3 oz OR 3 lb 3 oz	1 qt 2 ½ cups OR 1 qt 2 ½ cups	2. CCP: Cool to 41° F or lower within 4 hours.  Cover. Refrigerate until service.  3. Portion with No. 8 scoop (½ cup).

Comments:

\*See Marketing Guide.

Serve on Salad greens or in sandwiches.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Chicken, whole, without neck and giblets OR Turkey, whole, without neck and giblets	17 lb 12 oz OR 13 lb 9 oz	35 lb 8 oz OR 27 lb 2 oz
Celery	1 lb 10 oz	3 lb 4 oz
Mature onions	14 oz	1 lb 12 oz

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SERVING:	YIELD:	VOLUME:
½ cup (No. 8 scoop) provides 2 oz equivalent meat/meat alternate.	<b>50 Servings:</b> about 10 lb 14 ½ oz	<b>50 Servings:</b> about 1 gallon 2 ¼ quarts 2 pans
	<b>100 Servings:</b> about 21 lb 13 oz	<b>100 Servings:</b> about 3 gallons 2 cups 4 pans

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Nutrients Per Serving					
Calories	165	Saturated Fat	1.67 g	Iron	0.95 mg
Protein	17.01 g	Cholesterol	58 mg	Calcium	17 mg
Carbohydrate	7.38 g	Vitamin A	68 IU	Sodium	257 mg
Total Fat	7.24 g	Vitamin C	1.4 mg	Dietary Fiber	0.6 g