MEALS on WHEELS SAN DIEGO COUNTY

Steak, Farro, and Kale Salad

Yield 8

Portion Size: One Salad

AMT	UNIT	INGREDIENTS
16	oz	Skirt steak, Grilled
8	oz	kale, chopped
1.5	oz	shallots, minced
7.5	oz	farro, uncooked
0.04	oz	dried oregano

PROCEDURES

Marinate skirt steak in balsamic vinaigrette over night.
Grill steak. Slice into thin strips.
Cook farro according to package directions.
Mix farro, kale, shallots, and oregano together.
Portion one cup of kale/farro mixture into salad trays.
Lay 2 oz portion of steak on top of salad.

Serve with Tangy Jalapeno Lime Dressing.

*****Special Instructions: Weigh all vegetables after washing, rinsing, and discarding waste.******

HACCP: Potentially hazardous food - beef. Hot ingredient must be cooled to 70°F or less within 2 hours and then to 41°F within an additional 4 hours. Chill hot foods thoroughly before combining with other ingredients. Hold chilled food for service at an internal temperature of 41°F or below. Do not mix old product with new. Keep all leftover product chilled at 41°F or below.

Ingredients

16.000 oz. Beef, Plate Steak, Boneless, Inside Skirt, Separable Lean and Fat, Trimmed to 0" Fat, All Grades, Grilled
8.000 oz. Kale
1.500 oz. Shallots
7.500 oz. ROLAND FOODS Farro, Semipearled, 100% Natural
0.040 oz. MCCORMICK Oregano, Whole Mexican

Macronutrients			**Percentage of Kcals**	
Kilocalories	247.373	kcal		
Trans Fatty Acid		g	Protein	35.3%
Sugar, Total		g	Carbohydrate	34.2%
Protein	21.727	g	Fat, total	30.5%
Carbohydrate	21.013	g	Alcohol	0.0%
Fat, Total	8.326	g		
Alcohol	0.000	g		
Cholesterol	52.164	mg		
Saturated Fat	2.896	g		
Monounsaturated Fat	3.576	g		
Polyunsaturated Fat	0.449	g		
Trans Fatty Acid	0.373	g		
Dietary Fiber, Total	2.846	g		
Sugar, Total	1.065	g		
Vitamins & Minerals				
Sodium	63.114	mg	Phosphorus	124.737 mg
Potassium	327.702	mg	Magnesium	27.864 mg
Vitamin A (RE)	287.556	RE	Zinc	4.754 mg
Vitamin C	34.448	mg	Copper	0.492 mg
Calcium	71.986	mg	Manganese	0.271 mg
Iron	2.299	mg	Selenium	19.206 µg
Vitamin D (ug)	0.057	µg		
Vitamin E (mg)	0.057	mg		
Thiamin	0.082	mg		
Riboflavin	0.236	mg		
Niacin	3.894	mg		
Pyridoxine (Vitamin B6)	0.370	mg		
Folate (Total)	46.085	µg		
Cobalamin (Vitamin B12)	1.650	µg		
Pantothenic Acid	0.430	mg		
Vitamin K	200.757	µg		

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Ingredient	50 Servings	100 Servings	150 Servings	200 Servings
16.000 oz. Beef, Plate Steak, Boneless, Inside Skirt, Se	6.250 pound(s)	12.500 pound(s)	18.750 pound(s)	25.000 pound(s)
8.000 oz. Kale	3.125 pound(s)	6.250 pound(s)	9.375 pound(s)	12.500 pound(s)
1.500 oz. Shallots	9.375 ounce(s)	1.172 pound(s)	1.758 pound(s)	2.344 pound(s)
7.500 oz. ROLAND FOODS Farro, Semipearled, 100%	2.930 pound(s)	5.859 pound(s)	8.789 pound(s)	11.719 pound(s)
0.040 oz. MCCORMICK Oregano, Whole Mexican	0.250 ounce(s)	0.500 ounce(s)	0.750 ounce(s)	1.000 ounce(s)

Ingredient	250 Servings	300 Servings	350 Servings	400 Servings
16.000 oz. Beef, Plate Steak, Boneless, Inside Skirt, Se	31.250 pound(s)	37.500 pound(s)	43.750 pound(s)	50.000 pound(s)
8.000 oz. Kale	15.625 pound(s)	18.750 pound(s)	21.875 pound(s)	25.000 pound(s)
1.500 oz. Shallots	2.930 pound(s)	3.516 pound(s)	4.102 pound(s)	4.688 pound(s)
7.500 oz. ROLAND FOODS Farro, Semipearled, 100%	14.648 pound(s)	17.578 pound(s)	20.508 pound(s)	23.438 pound(s)
0.040 oz. MCCORMICK Oregano, Whole Mexican	1.250 ounce(s)	1.500 ounce(s)	1.750 ounce(s)	2.000 ounce(s)

Ingredient	450 Servings	500 Servings	550 Servings	600 Servings
16.000 oz. Beef, Plate Steak, Boneless, Inside Skirt, Se	56.250 pound(s)	62.500 pound(s)	68.750 pound(s)	75.000 pound(s)
8.000 oz. Kale	28.125 pound(s)	31.250 pound(s)	34.375 pound(s)	37.500 pound(s)
1.500 oz. Shallots	5.273 pound(s)	5.859 pound(s)	6.445 pound(s)	7.031 pound(s)
7.500 oz. ROLAND FOODS Farro, Semipearled, 100%	26.367 pound(s)	29.297 pound(s)	32.227 pound(s)	35.156 pound(s)
0.040 oz. MCCORMICK Oregano, Whole Mexican	2.250 ounce(s)	2.500 ounce(s)	2.750 ounce(s)	3.000 ounce(s)

Ingredient	650 Servings	700 Servings	750 Servings	800 Servings
16.000 oz. Beef, Plate Steak, Boneless, Inside Skirt, Se	81.250 pound(s)	87.500 pound(s)	93.750 pound(s)	100.000 pound(s)
8.000 oz. Kale	40.625 pound(s)	43.750 pound(s)	46.875 pound(s)	50.000 pound(s)
1.500 oz. Shallots	7.617 pound(s)	8.203 pound(s)	8.789 pound(s)	9.375 pound(s)
7.500 oz. ROLAND FOODS Farro, Semipearled, 100%	38.086 pound(s)	41.016 pound(s)	43.945 pound(s)	46.875 pound(s)
0.040 oz. MCCORMICK Oregano, Whole Mexican	3.250 ounce(s)	3.500 ounce(s)	3.750 ounce(s)	4.000 ounce(s)