



CUBAN MOJO HAM AND POTATO SHAKER SALAD

Ingredients	50 Servings		Directions
	Weight	Measure	
Orange juice		1 quart 1/2 cup	<p>Place the orange juice, lime juice, oil, oregano, cumin, garlic, black pepper, and salt in a blender. Blend on high until emulsified, about 30 seconds.</p> <p>Using 1.5-ounce or 2-ounce portion cups, pour 2 tablespoons (1 ounce) of the dressing into each portion cup and seal each with a tight-fitting lid.</p> <p>CCP: Hold cold at 41°F or below.</p> <p>Prepare each salad component and place in separate containers—diced potatoes, diced ham, red bell peppers, brown rice, and green onions.</p> <p>Assemble shaker salads using 16-ounce clear cups with flat straw lids, and no-hole dome lids.</p> <p>In each 16-ounce cup, layer the components in the following order from bottom to top:</p> <ul style="list-style-type: none"> • 1 cup brown rice • 1/4 cup diced red bell peppers • 2.44 ounces diced ham • 1/2 cup diced potatoes • 1 tablespoon green onions <p>Place a flat lid over each cup, place a portion cup of dressing on the flat lid, and cover with a no-hole dome lid. Hold chilled until service.</p> <p>CCP: Hold cold at 41°F or below.</p>
Lime juice, fresh		1 1/2 cups	
Olive oil or vegetable oil		1 cup	
Oregano, dried		1/4 cup	
Cumin, ground		1/4 cup	
Unsalted butter or margarine, melted	6 ounces	3/4 cup	
Garlic, fresh, minced		2 tablespoons	
Black pepper, ground		2 tablespoons	
Salt		2 teaspoons	
Potatoes, russet, fresh, baked and chilled, 3/4-inch dice	10 pounds		
Ham, 97% fat-free, cooked, wa-ter added, diced, USDA Foods	7 pounds 10 ounces		
Red bell peppers, fresh, 1/2-inch dice	5 pounds 4 ounces	2 teaspoons	
Brown rice, steamed, chilled		3 gallons 2 cups	
Green onions, fresh, sliced 1/2-inch	10 ounces	2 teaspoons	

Serving Size	1 Serving Provides				
1 shaker salad	2 ounce equivalents meat/meat alternate, 2 ounce equivalents grains, 1/2 cup starchy vegetable, 1/4 cup red/orange vegetable				
Nutrients Per Serving					
Calories	450	Saturated Fat	3 g	Iron	2 mg
Protein	19 g	Cholesterol	36 mg	Calcium	57 mg
Carbohydrate	75 g	Vitamin A	1608 IU	Sodium	591 mg
Total Fat	10.6 g	Vitamin C	80 mg	Dietary Fiber	7 g