

| 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. |
| 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 | 2. Dice tomatoes, cucumbers, and red onions. Place them in steamtable pans (12" x 20" x 2 ¹ / ₂ "). |
| 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 | 3. Pour dressing over diced vegetables and toss to coat. Serve immediately or refrigerate until ready to serve. |

| Serving | Yield | | Volume | |
|--|----------------------|---------|----------------------|---|
| ½ cup of salad (1 serving provides ¼ cup serving of red/orange vegetables and ¼ 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 | Iron | 1 mg |
| Protein | 1 g | Cholesterol | 0 mg | Calcium | 20 mg |
| Carbohydrate | 3 g | Vitamin A | 28 mcg | Sodium | 5 mg |
| Total Fat | 9 g | Vitamin C | 11 mg | Dietary Fiber | 1 g |