

# Chicken or Turkey Salad

Meat

Salads and Salad Dressings

E-07

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Cooked chicken or turkey, chopped	3 lb 3 oz	2 qt 2 cups	6 lb 6 oz	1 gal 1 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 2 lb 12 ¼ oz (approximately 1 qt 2 ¼ cups) into each pan (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.  2. CCP: Refrigerate within 1 hour. Hold at 40° F or colder.  Cover. Refrigerate until service.  3. Mix lightly before serving.  Portion with No. 8 scoop (½ cup).
*Fresh celery, chopped	11 oz	2 ½ cups 2 Tbsp	1 lb 6 oz	1 qt 1 ¼ cups	
*Fresh onions, chopped OR Dehydrated onions	6 oz	1 cup OR 3 Tbsp	12 oz OR 2 ¼ oz	2 cups OR ½ cup	
Sweet pickle relish, undrained	7 ½ oz	¾ cup 2 Tbsp	15 oz	1 ¾ cups	
Ground black or white pepper		1 tsp		2 tsp	
Dry mustard		2 ¼ tsp		1 Tbsp 1 ½ tsp	
Reduced calorie salad dressing OR Lowfat mayonnaise	13 oz OR 13 oz	1 ½ cups 2 Tbsp OR 1 ½ cups 2 Tbsp	1 lb 10 oz OR 1 lb 10 oz	3 ¼ cups OR 3 ¼ cups	

\* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Chicken, whole, without neck and giblets OR	8 lb 14 oz OR	17 lb 12 oz OR
Turkey, whole, without neck and giblets	6 lb 13 oz	13 lb 10 oz
Celery	14 oz	1 lb 12 oz

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Mature onions	7 oz	14 oz
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SERVING:	YIELD:	VOLUME:
½ cup (No. 8 scoop) provides 2 oz of cooked poultry.	<b>25 Servings:</b> 5 lb 8 ½ oz	<b>25 Servings:</b> 3 quarts ½ cup 2 pans
	<b>50 Servings:</b> 11 lb 1 oz	<b>50 Servings:</b> 1 gallon 2 ¼ quarts 4 pans
Edited 2014		

Special Tip:  
Serve on salad greens or in sandwiches.

Nutrients Per Serving					
<b>Calories</b>	166	<b>Saturated Fat</b>	1.68 g	<b>Iron</b>	0.96 mg
<b>Protein</b>	17.02 g	<b>Cholesterol</b>	58 mg	<b>Calcium</b>	17 mg
<b>Carbohydrate</b>	7.46 g	<b>Vitamin A</b>	69 IU	<b>Sodium</b>	261 mg
<b>Total Fat</b>	7.29 g	<b>Vitamin C</b>	1.4 mg	<b>Dietary Fiber</b>	0.6 g