



Rainbow Salad

Servings: 125 (1 cup portions)

Ingredients

Salad

3# Spring Mix
4# Baby Spinach
10 Yellow Peppers, sliced thin
6 Red Onions, sliced thin
3 Pints Fresh Blueberries
8 Pints Fresh Strawberries, sliced
1 Pint Fresh Blackberries
12 Avocados, diced (optional)
5# Feta Cheese, crumbled
(optional)

Dressing

4 cups Olive Oil
4 cups Orange Juice
Zest from 2 Oranges
2.5 cups Honey

Directions

1. In a large bowl, combine all salad ingredients.
2. In a small bowl, mix dressing ingredients together.
3. Toss salad with dressing just before serving to prevent wilting.

Credibility

1/4 cup Dark Green Veggie
1/3 cup Other Vegetable
1/4 cup Fruit
1/2 oz Meat Alternate

Recipe courtesy of **Chicopee Public Schools**