

CHOPPED SALAD

12" PLATE



Number	Units	Ingredients	Volume	Weight
4	OZ	ROMAINE LETTUCE (CHOPPED)	4	OZ
2	OZ	BALSAMIC VINAIGRETTE	2	OZ
1	OZ	RED PEPPERS (SMALL DICED)	1	OZ
1	OZ	YELLOW PEPPERS (SMALL DICED)	1	OZ
2	OZ	CUCUMBERS (SMALL DICED)	2	OZ
1	OZ	GARBANZO BEANS (RINSED&DRAINED)	1	OZ
1	OZ	PROVOLONE CHEESE (SMALL DICED)	1	OZ
1	OZ	PLUM TOMATOES (SMALL DICED)	1	OZ
1	PINCH	KOSHER SALT	0.04	OZ
1	PINCH	GROUND BLACK PEPPER	0.04	OZ

Procedure :

PLUM TOMATOES & CUCUMBERS MUST BE DESEEDED & SKIN ON
DICED TOMATOES ON TOP FOR GARNISH....