

Cuban Potato Shaker Salad



STUDENTS WILL LOVE
THIS SALAD! IT IS LIGHT
AND REFRESHING!

MAKES 50 SERVINGS

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INGREDIENTS

Dressing:

Orange juice 1 quart ½ cup
Lime juice, fresh 1 ½ cups
Olive oil or vegetable oil 1 cup
Oregano, dried ¼ cup
Cumin, ground ¼ cup
Garlic, fresh, minced 2 tablespoons
Black pepper, ground 2 table-
spoons
Salt 2 teaspoons

Salad:

Potatoes, russet, fresh, baked and
chilled, ¾-inch dice 10 pounds
Ham, 97% fat-free, cooked, water
added, diced, USDA Foods 7
pounds 10 ounces
Red bell peppers, fresh, ½-inch

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DIRECTIONS

1. 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.
2. Using 1.5-ounce or 2-ounce portion cups, pour 2 table-
spoons (1 ounce) of the dressing into each portion cup and
seal each with a tight-fitting lid.
3. Prepare each salad component and place in separate
containers- diced potatoes, diced ham, red bell peppers,
brown rice, and green onions. Assemble shaker salads using
16-ounce clear cups with flat straw lids, and no-hole dome
lids.
4. In each 16-ounce cup, layer the components in the
following order from bottom to top: ¼ cup brown rice, ¼ cup
diced red bell peppers, 2.44 ounces diced ham, ½ cup diced
potatoes, 1 tablespoon green onions
5. 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.

Nutritional Analysis per serving: 1 Salad

Calories 288 Fat 9.3g, Cholesterol 36mg, Sodium 584 mg,
Carbohydrate 42g, Fiber 4g, Protein 15g