GR-273328 · Mushroom Corn Salad · 0.5 c · 15 servings

Dark Green: 1/8 | Other Veg: 1/8 | Egg | Soy

Section 1

Mushrooms, white, fresh, raw, slices
1 pt

Pickles, Cucumber, Sour, Medium, Chopped
1/2 c

Spices, Dill Weed, Dried
1/8 c

Lettuce, Cos or Romaine, Shredded
1 1/2 qt

Onion, Red, Raw, Chopped
1/2 c

Corn, Canned, Yellow, Drained
1 c

Mayonnaise, Lite
4 tbsp

1. Rinse and slice **mushrooms**.
2. Fill a medium pot half full of water and add sliced mushrooms. Bring to a boil for 15 minutes then remove from heat and strain.
3. Slice **pickles**, chop **dill** (or use dried dill), **lettuce**, and **onion**. Place in a bowl.
4. Add drained **corn** and **mayo**.
5. Add mushrooms to bowl with the other ingredients.
6. Mix well and serve cold using a 4 oz spoodle.

CCP: Hold at or below 41°F for service.

Mushroom Corn Salad

Nutrition Facts

Servings Per Container 1

Serving Size 0.5 c

Amount Per Serving

Calories	**30**
	% Daily Value*
Total Fat 2g	**2%**
Saturated Fat 0g	**1%**
Trans Fat 0g	
Cholesterol 1mg	**0%**
Sodium 113mg	**5%**
Total Carbohydrate 4g	**1%**
Dietary Fiber 1g	**3%**
Sugars 1g	
Includes 0g Added Sugars	**0%**
Protein 1g	**2%**

Vitamin D: 0% DV	•	Potassium: 1% DV
Calcium: 0% DV	•	Vitamin A: 0% DV
Iron: 0% DV	•	Vitamin C: 0% DV

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.