

TEST RECIPE

MEDITERRANEAN CUP

5/20/2025

YIELD: 1 Portion

SHELF LIFE: 2 Days

EQUIPMENT: Gloves, Chef's Knife, green cutting board, scale, measuring spoons, soup spoon, plastic pint container w/ lid

AMOUNTS	INGREDIENTS
3 each	Green Olives
4 each	Kalamata Olives
1 TBL	Sundried Tomatoes
1 TBL	Golden Raisins
1 TBL	Sliced Pepperocini
1 wz.	<u>Red Bell Pepper Strips</u>
1 tsp	<u>Garlic Puree</u>
2 tsp	Parsley (Frozen or Thawed)
2 TBL	<u>Marinated Cucumbers - Diced</u>
1 TBL	Extra Virgin Olive Oil
2 vz.	<u>White Balsamic Vinaigrette</u>

PROCEDURE

1. Fry the red bell pepper strips for **1 1/2 minutes. (SET A TIMER!!)** Once timer sounds, drain on a sav-a-day.
2. Slice the green olives in 1/2, crosswise.

CUP BUILD PROCEDURE

1. Weigh and measure all ingredients, then add into a quart container.
2. Using a soup spoon, thoroughly mix the ingredients in the pint container until **all ingredients are blended together and evenly coated.**
3. Cover pint container with lid, and store refrigerated.
4. Label, Date, and Rotate.

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TEST RECIPE

C:

T:

F/A:

HR: Pint container w/ lid; refrigerated.

SL: 2 Days