



**PAPER & FOOD SERVICE, INC.**

# Avocado, Asparagus and Strawberry Salad

**Ingredients** **Yield: 1 Salad**

- 3 ea. Asparagus, peeled, trimmed
- 1/2 ea. Avocado, sliced
- 5 ea. Strawberries, stem removed, slice in half
- 3 oz. Fresh bean sprouts
- As needed: Fresh basil, chopped
- 3 oz. Spring Mix Lettuce
- 2 oz. Olive Oil
- 1 ea. Lemon, juiced
- t.t. Sea salt
- t.t. Black Pepper, café
- 1 ea. Garlic clove, minced

**Preparation Instructions:**

1. Steam asparagus until just tender, than place in bowl of ice water to cool and retain color.
2. Slice avocado and half strawberries.
3. In a mixing bowl combine the asparagus, avocado, strawberries, bean sprouts, basil and spring mix.
4. In a small mixing bowl combine the lemon juice, olive oil, garlic, salt and pepper. Drizzle over salad mixture and toss gently to incorporate
5. Serve on chilled salad plate.

Ingredients		Maines Product Code #	Amount	Ingredient Cost
Asparagus	Fresh	O97030	3 ea.	\$0.21
Avocado	Fresh	O96081	1/2 ea.	\$0.56
Strawberries	Fresh	O96532	5 ea.	\$0.18
Fresh bean sprouts	Fresh	O97055	3 oz.	\$0.42
Fresh basil	Fresh	O97240	As needed	\$0.12
Spring Mix Lettuce	Markon	O97400	3 oz.	\$0.75
Olive Oil	Gem	370858	2 oz.	\$0.40
Lemon	Fresh	O96185	1 ea.	\$0.45
Sea salt	Roland	340125	t.t.	\$0.07
Black Pepper, café	Culinary Secrets	345631	t.t.	\$0.03
Garlic	Markon	O97210	1 ea.	\$0.02

Recipe Cost	\$3.21
Portion Cost	\$3.21

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost %
\$6.95	\$3.21	\$3.74	46.19%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost %
\$7.95	\$3.21	\$4.74	40.38%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost %
\$8.95	\$3.21	\$5.74	35.87%