

# Cole Slaw

Recipe Component: Vegetable

Recipe Category: Salad

Recipe #E-09

	50 Servings		____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Fresh cabbage, finely chopped	3 lb 11 oz	1 gal 2 qt			1. Place cabbage, carrots, and peppers (optional) in large bowl and toss lightly to mix.
Fresh carrots, finely shredded	6 oz	1 ¾ cups			
*Fresh green pepper, chopped (optional)	2 ½ oz	½ cup			
Reduced calorie salad dressing OR Reduced fat mayonnaise	14 oz 14 oz	1 ¾ cups 1 ¾ cups			2. Dressing: In a separate bowl, combine salad dressing or mayonnaise, sugar, celery seed, dry mustard, and vinegar.
Sugar		2 Tbsp			
Celery seed, ground		2 tsp			
Dry mustard		1 tsp			
White vinegar		2 Tbsp			3. Pour dressing over vegetables. Mix thoroughly.  Spread into pan(s) (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.  4. CCP: Refrigerate within 1 hour. Hold at 40° F or colder.  Cover. Refrigerate until ready to serve.  5. Mix lightly before serving.

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**Notes:**

1) For best results, shred cabbage and store overnight; add dressing just before serving.  
 2) If recipe is prepared in advance, the yield will be reduced.  
 3) Nutrients calculated using Food Processor.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings
Cabbage	4 lb 12 oz	
Carrots	8 oz	
Green peppers	4 oz	

Serving: ¼ cup (No. 16 scoop) provides ¼ cup of vegetable	Yield:	Volume:
1-2 years: 1/8 cup	<b>50 Servings:</b>	<b>50 Servings:</b>
3-5 years: 1/4 cup		
6-18 years: 1/2 cup		
	<b>100 Servings:</b>	<b>100 Servings:</b>

Nutrients Per Serving					
<b>Calories</b>	43	<b>Saturated Fat</b>	0.47 g	<b>Iron</b>	0.22 mg
<b>Protein</b>	0.52 g	<b>Cholesterol</b>	2.77 mg	<b>Calcium</b>	16.84 mg
<b>Carbohydrate</b>	2.85 g	<b>Vitamin A</b>	31.33 RAE	<b>Sodium</b>	76.27 mg
<b>Total Fat</b>	3.43 g	<b>Vitamin C</b>	12.45 mg	<b>Dietary Fiber</b>	.93 g