



JERSEY TASTES!

RECIPES

Ginger Slaw

INGREDIENTS:

**FAMILY-SIZE
SERVES: 8**

PORTION SIZE: 1/2 CUP



- 1/2 large Carrot, grated or chopped
- 2 cups Red Cabbage, thinly sliced or shredded
- 2 cups Chinese or Green Cabbage, thinly sliced or shredded
- 3 tablespoons Red Onion, diced
- 4 teaspoons Honey
- 1/3 cup White Vinegar
- 4 teaspoons Vegetable Oil
- 1 tablespoon Fresh Ginger, minced
- 2 teaspoons Garlic, minced
- 1/4 teaspoon Salt
- 1/4 teaspoon Black Pepper



**SCHOOL FOOD SERVICE
PORTIONS: 25
PORTION SIZE: 1/2 CUP**



- 1 1/2 large Carrots, grated or chopped
- 1 lb. or 1/2 medium head Red Cabbage, thinly sliced or shredded
- 1 lb. or 1/2 medium head Chinese or Green Cabbage, thinly sliced or shredded
- 1/2 cup Red Onions, diced
- 1/4 cup Honey
- 1 cup White Vinegar
- 1/4 cup Vegetable Oil
- 3 tablespoons Fresh Ginger, minced
- 2 tablespoons Garlic, minced
- 1 teaspoon Salt
- 1 teaspoon Black Pepper



Portion Size: 1/2 cup = 1/2 c Veg/Other

DIRECTIONS:

- 1** Toss together carrots, cabbage, & onions. Mix well.
- 2** In blender or food processor combine honey, vinegar, oil, ginger, garlic, salt, & pepper. Blend for 30 seconds.

- 3** Gradually add dressing to cabbage mixture. Mix until well-coated.
- 4** Toss before serving.

RECIPES MADE IN COLLABORATION WITH:

