



JERSEY TASTES!

RECIPES

Tropical Slaw with Rainbow Cabbage

INGREDIENTS:

FAMILY-SIZE

SERVES: 8

PORTION SIZE: 1/2 CUP



- 2 cups Chinese or Green Cabbage, thinly sliced or shredded
- 2 cups Red Cabbage, thinly sliced or shredded
- 1/2 cup Carrots, peeled & shredded
- 3 tablespoons Scallions, thinly sliced
- 2/3 cup Strawberries, sliced
- 2/3 cup Pineapple, diced
- 3 tablespoons White or Cider Vinegar
- 4 teaspoons Honey
- 1 teaspoon Soy Sauce
- 1/4 teaspoon Chili Powder
- 1 teaspoon Cinnamon
- 1/4 cup Oil, Vegetable



SCHOOL FOOD SERVICE

PORTIONS: 25

PORTION SIZE: 1/2 CUP



- 1 lb. or 1/2 medium head Chinese or Green Cabbage, thinly sliced or shredded
- 1 lb. or 1/2 medium head Red Cabbage, thinly sliced or shredded
- 1 1/2 cups Carrots, peeled & shredded
- 1/2 cup Scallions, thinly sliced
- 2 cups Strawberries, sliced
- 2 cups Pineapple, diced
- 1/2 cup White or Cider Vinegar
- 1/4 cup Honey
- 1 tablespoon Soy Sauce
- 1 teaspoon Chili Powder
- 1 tablespoon Cinnamon
- 3/4 cup Oil, Vegetable



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

DIRECTIONS:

- 1** Combine cabbage, carrots, scallions, strawberries, & pineapple
- 2** Whisk together vinegar, honey, soy sauce, chili powder, & cinnamon.
- 3** Slowly add oil & whisk until dressing is well blended.

4 Pour dressing over cabbage mixture. Lightly mix.

5 Toss before serving.

RECIPES MADE IN COLLABORATION WITH:

