

Asian Cabbage Salad

Fall Winter **Spring** Summer

NUTRITION INFORMATION

SERVING SIZE: ½ cup

| Amount per Serving | |
|--------------------|------------|
| Calories | 61 kcal |
| Protein | 1.78 g |
| Carbohydrate | 9.28 g |
| Total Fat | 2.38 g |
| Saturated Fat | 0.33 g |
| Cholesterol | 0 mg |
| Vitamin A | 2843.51 IU |
| Vitamin C | 36.10 mg |
| Iron | 0.77 mg |
| Calcium | 52.66 mg |
| Sodium | 93.32 mg |
| Dietary Fiber | 2.07 g |


EQUIVALENTS: ½ cup provides ½ cup other vegetable.

Recipe HACCP Process: #1 No Cook

"I really like it because it has a nice mixture of sweet, sour, and crunch!"

— 5TH GRADER

Asian Cabbage Salad • 50 servings (½ cup)

| INGREDIENTS | WEIGHT | MEASURE | METHOD | NOTES |
|----------------------|------------|----------|--|---|
| | | | <p>1 Preheat convection oven to 350°F or conventional oven to 375°F. Line a sheet pan with parchment paper.</p> |  <p><i>You can use just 1 or 2 types of cabbage — you'll need 5½ qt of shredded cabbage total.</i></p> |
| Ramen noodles | | 6 pkgs | <p>2 Discard flavor packs from ramen noodles. Crumble noodles into a medium bowl. Add sunflower seeds and vegetable oil to the ramen noodles and stir to coat. Spread the mixture evenly on the prepared pan. Bake until browned, stirring once or twice, 3 to 5 minutes. Set aside to cool.</p> | |
| Sunflower seeds | | ½ cup | | |
| Vegetable oil | | 2 Tblsp | | |
| Green cabbage | 3 lb 8 oz | 1 small | <p>3 Quarter and core cabbage. Slice the cabbage quarters in a food processor fitted with a slicing blade. Transfer to a large bowl.</p> | |
| Red cabbage | 2 lb 10 oz | 1 small | | |
| Napa cabbage | 2 lb 8 oz | 1 small | | |
| Carrots | 1 lb | 6 medium | <p>4 Trim and peel carrots. Shred in a food processor fitted with a shredding blade. Add to the cabbage.</p> | |
| Scallions | | 8 small | <p>5 Trim scallions and finely dice. Add to the vegetables and toss to combine.</p> | |
| Rice vinegar | | ¾ cup | <p>6 Whisk vinegar, sugar, soy sauce, sesame oil and pepper in a small bowl until the sugar is dissolved.</p> | |
| Granulated sugar | | ½ cup | | |
| Low-sodium soy sauce | | ¼ cup | | |
| Sesame oil | | 1 tsp | | |
| Ground black pepper | | ½ tsp | | |
| | | | <p>7 Just before serving, toss the salad with the dressing and ramen mixture.</p> | |