

# Asian Rainbow Slaw



## Asian Rainbow Slaw

**Recipe HACCP Process:** #1 No Cook

**Serving Size:** ½ cup

**Yield:** 50

**Source:** JSI Back to Basics: Asian Fusion Recipe (*adapted from: Vermont Farm to School Network*)

### Ingredients:

Ingredient Name	Measurements
Vinegar, rice	½ cup + 1 tsp
Oil, sesame**	¼ cup + ½ tsp
Soy sauce, reduced sodium	¼ cup + ½ tsp
Sugar, granulated	¼ cup + ½ tsp
Cabbage, Napa, raw, shredded	2 qt + ½ cup
Carrots, raw, grated	2 qt + ¼ cup
Cabbage, red, raw, shredded	2 qt + ¼ cup

\*Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritionals may change if substituted.

\*\*Note: Sesame oil can be substituted if there is a concern of an allergy.

### Instructions:

1. To make the dressing, add vinegar, sugar, soy sauce, and sesame oil to a bowl and whisk together until the sugar is dissolved.
2. Add the carrots and cabbages to a large bowl and toss with dressing. Refrigerate and allow to marinate for at least 1 hour before serving.
3. Hold for cold service at 41° F or lower.

**Nutritional Analysis:**

<b>Nutrients</b>	<b>Nutrients Per Serving</b>
Calories	29.45 kcal
Total Fat	1.20 g
Saturated Fat	0.17 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
Sodium	103.87 mg
Total Carbohydrate	4.49 g
Dietary Fiber	1.05 g
Total Sugars	2.74 g
Protein	0.57 g

**Meal Component Information:**

<b>Meal Components</b>	<b>Amount</b>
Vegetable	0.5 cup

*\*Note: For schools with access to Mosaic, these recipes are also available to import from the Community recipe section by searching the recipe name or using the search term of "John C. Stalker" as the district.*