



CRUNCHY KALE SLAW

SERVINGS: 50 SERVINGS CALORIES: 35 KCAL

Fresh kale is mixed with cabbage, carrots, cilantro and onions to create this colorful and delicious salad! Tossed with a lime dressing, this is the perfect side dish.

INGREDIENTS

14-1/2 cups Kale, raw, chopped

6-1/4 cups Cabbage, raw, shredded

4-1/8 cups Carrots, raw, grated

2 cups 1 tablespoon Cilantro,
minced

2 cups 1 tablespoon Onions, red,
raw, chopped

1/3 cups 1 tablespoon Oil, olive,
salad or cooking

1-1/2 cups 1 tablespoon Lime juice,
raw

1-1/2 tablespoon Salt, table

INSTRUCTIONS

1. In a small bowl, make the dressing by whisking olive oil, lime juice, and salt.

2. In a large bowl, toss all ingredients with the dressing.

3. Refrigerate until served.

4. Hold for cold service at 41°F or lower.

RECIPE NOTES

Crediting: 1/2 cup Vegetable

NUTRITION FACTS PER SERVING (0.75CUP)

Calories: 35 kcal | Fat: 1.9 g | Saturated fat: 0.3 g | Sodium: 209.6 mg | Carbohydrates: 4.4 g | Fiber: 1.3 g | Sugar: 1.3 g
| Protein: 1.1 g

This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.