

# Didi's Healthy Ginger Slaw

BY **CHEF DIDI EMMONS**, COOKBOOK CONSULTANT, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

"This recipe is kid-proof. I've given this to hundreds of kids without a hitch. Don't skimp on the ginger—that is the secret to its success. Try this with any sandwich or wrap, even tacos."

—*Chef Didi, Project Bread's Cookbook Consultant*

- 1 pound carrots, peeled and grated or diced small in buffalo chopper (about 6 large)
- 2 medium heads red cabbage, sliced very thin or chopped in buffalo chopper (about 3¾ pounds)
- 2 medium heads green cabbage, sliced thin or chopped in buffalo chopper (about 4 pounds)
- 2 medium red onions, sliced very thin (½ pound)
- ¾ cup sugar
- 3⅔ cups white vinegar
- ¾ cup vegetable oil
- ⅔ cup minced fresh ginger
- 3 tablespoons minced garlic
- 1½ tablespoons salt
- 1½ tablespoons ground black pepper

**YIELD: 100 SERVINGS (K-5) \* SERVING SIZE: ½ CUP**

In a large bowl, toss together the carrot, cabbage, and onion. Mix well.

Make dressing by combining the sugar, vinegar, olive oil, ginger, and salt and pepper in a bowl. Add the dressing gradually to the bowl of cabbage, tossing with hands or tongs, until the slaw is well-coated. Season to taste with salt and pepper.

The slaw is best if made right before service, but if made the day ahead, don't add the salt until ready to serve. Also, just before serving, it is important to toss and taste for seasoning.

**NOTE:** *A bunch of chopped kale can be substituted for the red cabbage.*

## **NUTRITIONAL INFORMATION**

CALORIES: 31; SODIUM: 114.27 MG; SATURATED FAT: 7.49%

## **USDA REQUIREMENTS MET**

⅔ CUP OTHER VEGETABLE