



SWEET POTATO AND APPLE SLAW

SERVINGS: 50 SERVINGS CALORIES: 180 KCAL

A light and easy side dish that includes sweet potato, apple, pineapple, and raisins, tossed in a lemony cider dressing. Add the optional pecans for bit of extra crunch and nutty flavor.

INGREDIENTS

- 8 pounds Potatoes, sweet, shredded
- 1 pound Apples, diced
- 8 ounces Onions, red
- 1 pound Pineapple tidbits
- 5 ounces Raisins
- 6 ounces Pecans optional

DRESSING:

- 1 cup Oil, canola
- 1/4 cup Lemon juice
- 3/4 cup Vinegar, cider
- 2 tablespoons Sugar

RECIPE NOTES

Yield 50 servings

Serving Size: 1/2 cup spoodle

Crediting: 1/2 cup red/orange vegetable and 1/8 cup fruit

INSTRUCTIONS

1. Combine shredded sweet potatoes, apple, red onion, pineapple, raisins and pecans.
2. Prepare dressing by combining canola oil, lemon juice, vinegar and sugar. Mix in a blender.
3. Just before service combine salad with dressing and mix until coated.

NUTRITION FACTS PER SERVING (0.5CUP)

Calories: 180 kcal | Fat: 4.5 g | Saturated fat: 1 g | Sodium: 80 mg | Carbohydrates: 30 g | Fiber: 4 g | Protein: 0.7 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.