

# TROPICAL SLAW

Serving: 1/4 cup

## Vegetable

Recipe tester Denise Planka, cook at North Middle School in Westfield, found this low-fat slaw easy to prepare and kid-friendly. If you are cooking in a nut-free school, as she is, note her imaginative substitution of spices for the peanut butter. The recipe was adapted from the fabulous SchoolFood in NYC, where it has been successfully served to oodles of school children.

INGREDIENTS	50 SERVINGS	100 SERVINGS	DIRECTIONS
*Cabbage heads	6 lbs 6 oz	12 lbs 12 oz	<ol style="list-style-type: none"> <li>1. Prepare and shred cabbage and lettuce (see below).</li> <li>2. Combine cabbage, lettuce, carrots, scallions, cilantro, basil and pineapple—reserving 1/4 cup pineapple juice per 100 servings for the dressing and a few tablespoons of the carrots and herbs for garnish.</li> <li>3. Whisk together the vinegar, sugar, soy sauce, chili powder, reserved pineapple juice, and <b>peanut butter</b> (or cinnamon and nutmeg if you are using it).</li> <li>4. Slowly add oil as you whisk until dressing is well blended.</li> <li>5. Pour dressing over vegetables and mix well with tongs.</li> <li>6. Garnish with reserved carrots and herbs.</li> <li>7. CCP: Hold for cold service at 41°F or lower.</li> </ol>
*Romaine lettuce	1 head	2 heads	
*Carrots, peeled and shredded	6 oz (2 cups)	12 oz (1 qt)	
*Scallions, white and green, thinly sliced	1/2 cup	1 cup	
*Cilantro, chopped	1/2 cup	1 cup	
*Basil, chopped	1/2 cup	1 cup	
Pineapple chunks, crushed or chunks, drained, juice reserved for dressing	1-1/2 cups	3 cups	
Vinegar, cider or white	1/2 cup	1 cup	
Sugar	1/4 cup	1/2 cup	
Soy sauce	1 Tbsp	2 Tbsp	
Chili powder	1 tsp	2 tsp	
<b>Peanut butter</b> , preferably chunky	1/3 cup	2/3 cup	
OR			
Cinnamon and	1 Tbsp	2 Tbsp	
Nutmeg	1-1/2 tsp	1 Tbsp	
Salt	1 tsp	2 tsp	
Oil, vegetable	3/4 cup	1-1/2 cups	

\* MA farm products needed for recipe. For ordering, see page 19.

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### Preparation Tips:

- **To Hold Longer/For Maximum Crunch:** Don Sabola, chef at UMASS Amherst, suggests that you omit the lettuce or replace it with cabbage if you need to hold it for more than an hour or two, because the cabbage stays crunchy.
- **Cabbage:** *To prepare cabbage*, first remove the outer layer with your hands. Cut in half lengthwise through the root. Remove the core by slicing in on either side and pulling it out. *To shred*, lay flat end down and slice thinly, OR use food processor, OR use the coarse end of cheese grater.
- **Romaine Lettuce:** *To shred*, remove damaged outer leaves, if any. Cut leaves into thin slices and discard root end, OR cut off root end and use the slicing blade of a food processor.
- **Carrots:** *To shred*, use food processor or large holes of a grater.

### NUTRITIONAL ANALYSIS PER SERVING

Calories	65	Vitamin A (IU)	1647
Cholesterol (Mg)	0	Vitamin C (Mg)	23.34
Sodium (Mg)	92	Protein (G)	1.55
Fiber (G)	2.02	Carbohydrate (G)	6.31
Iron (Mg)	0.59	Total Fat (G)	4.36
Calcium (Mg)	37.23	Saturated Fat (G)	0.63