



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

Find more recipes at www.usda.gov/whatscooking

USDA is an equal opportunity provider, employer, and lender.

Sweet Summer Salad

Makes: 12 or 48 Servings

Ingredients	12 Servings		48 Servings	
	Weight	Measure	Weight	Measure
Cabbage, chopped	1/2 small head (1lb)		2 small heads (4lb)	
Cider vinegar		1/4 cup		1 cup
Olive oil		2 Tbsp		1/2 cup
Carrots, shredded		2 cups		8 cups
Apples, cut into thin slices		1 cup		4 cups
Raisins		1/2 cup		2 cups
Peanuts, unsalted, crushed (optional)		1/2 cup		2 cups

Directions

1. Wash and dry cabbage and chop.
2. Whisk vinegar and oil in serving bowl to blend.
3. Add carrots and cabbage. Toss. Cover and refrigerate for at least 2 hours.
4. Add apples, raisins and peanuts (optional). Toss.

Notes

Serving Tips:

This salad can be made using any fruit, meat/meat alternate, and chopped nuts. Serve it as a side at a meal or as a snack.

My Notes

Source: Improving Nutrition and Physical Activity Quality in Delaware Child Care

Nutrition Information

Nutrients	Amount
Calories	61
Total Fat	2 g
Saturated Fat	N/A
Cholesterol	N/A
Sodium	19 mg
Total Carbohydrate	11 g
Dietary Fiber	2 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	1 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available