



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

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Asian Salad with Brown Rice and Sesame Ginger Dressing



Makes: 50 Servings

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Ingredients

	Weight	Measure
Cabbage, Shredded		3 1/8 cup
Red Cabbage, Shredded		3 1/8 cup
Carrots, shredded		1 qt 2 1/4 cup
Red Pepper seeded, chopped to bite size pieces		3 1/8 cup
Green Onions, sliced		1 1/2 cup 1 Tbsp
Sugar Snap Peas, cleaned and halved or cut in thirds		3 1/8 cup
Newman's Low Fat Sesame Ginger Dressing		3 1/8 cup
Romaine Lettuce, cleaned and cut into bite sized pieces		1 qt 2 1/4 cup
Brown rice		3 qt 1/2 cup
Sesame Seeds		1 1/2 cup 1 Tbsp

Directions

1. Mix cabbages, carrots, peppers, onions and peas in mixing bowl.
2. Toss vegetables in salad dressing to coat evenly.
3. Add rice and lettuce to the vegetable mixture just before serving and mix well.
4. Transfer salad to serving pans.
5. Top with sesame seeds and serve.

Notes

Serving Tips:

Vegetables can be marinated in dressing overnight with rice and lettuce added just before serving.

My Notes

Source: Smith-Hale College Preparatory School (Recipes for Healthy Kids Competition)

