



Crunchy Kale Slaw

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Recipe HACCP Process: #1 No Cook

Serving Size: ¾ cup

Yield: 50

Source: JSI Back to Basics: Latin American Cuisine Recipe (*adapted from: What's Cooking? USDA Mixing Bowl*)

Ingredients:

Ingredient Name	Measurements
Kale, raw, chopped	14 ½ cups
Cabbage, raw, shredded	6 ¼ cups
Carrots, raw, grated	4 1/8 cups
Cilantro, minced	2 cups + 1 Tbsp
Onions, red, raw, chopped	2 cups + 1 Tbsp
Oil, olive, salad or cooking	1/3 cups + 1 Tbsp
Lime juice, raw	1 ½ cups + 1 Tbsp
Salt, table	1 ½ Tbsp

**Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritionals may change if substituted.*

Instructions:

1. To make the dressing, in a large bowl whisk together the olive oil, lime juice, and salt. Set aside.
2. Add kale, cabbage, carrots, cilantro and onions to a large bowl. Toss all ingredients with the dressing.
3. Refrigerate until served.
4. Hold for cold service at 41°F or lower.

Nutritional Analysis:

Nutrients	Nutrients Per Serving
Calories	32.26 kcal
Total Fat	2.02 g
Saturated Fat	0.28 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
Sodium	212.50 mg
Total Carbohydrate	3.51 g
Dietary Fiber	1.42 g
Total Sugars	1.04 g
Protein	0.87 g

Meal Component Information:

Meal Components	Amount
Vegetable	0.5 cup

**Note: For schools with access to Mosaic, these recipes are also available to import from the Community recipe section by searching the recipe name or using the search term of "John C. Stalker" as the district.*