



Asian Rainbow Coleslaw

Recipe HACCP Process: #1 No Cook

Serving Size: ½ cup

Yield: 100

Source: JSI Back to Basics: Asian Fusion Recipe (adapted from: Vermont Farm to School Network)

Ingredients:

Ingredient Name	Measurements
Vinegar, rice	1 cup + 2 tsp
Oil, sesame**	½ cup + 1 tsp
Soy sauce, reduced sodium	½ cup + 1 tsp
Sugar, granulated	½ cup + 1 tsp
Cabbage, Napa, raw, shredded	1 gal + 1/3 cup
Carrots, raw, grated	1 gal + 2/3 cup
Cabbage, red, raw, shredded	1 gal + 2/3 cup

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

***Note: Sesame oil can be substituted if there is a concern of an allergy.*

Instructions:

1. To make the dressing, add vinegar, sugar, soy sauce, and sesame oil to a bowl and whisk together until the sugar is dissolved.
2. Add the carrots and cabbages to a large bowl and toss with dressing. Refrigerate and allow to marinate for at least 1 hour before serving.
3. Hold for cold service at 41° F or lower.

Nutritional Analysis:

Nutrients	Nutrients Per Serving
Calories	29.45 kcal
Total Fat	1.20 g
Saturated Fat	0.17 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
Sodium	103.87 mg
Total Carbohydrate	4.49 g
Dietary Fiber	1.05 g
Total Sugars	2.74 g
Protein	0.57 g

Meal Component Information:

Meal Components	Amount
Vegetable	0.5 cup