

Confetti Coleslaw

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Yield

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Green cabbage, cored	2 lbs. 14 oz.		5 lbs. 12 oz.	
Red cabbage, cored	3 lbs. 14 oz.		7 lbs. 12 oz.	
Onion, white, diced		2 ½ cups		1 quart + 1 cup
Carrots, shredded		3 cups		1 ½ quarts
Bell pepper, red, chopped (optional)		3 cups		1 ½ quarts
Olive oil		⅔ cup		1 ⅓ cups
Apple cider vinegar		1 ¾ cups		3 ½ cups
Sugar, granulated		⅔ cup		1 ⅓ cups
Salt		2 Tbsp.		¼ cup
Water		⅓ cup		⅔ cup
Black pepper		3 Tbsp.		¼ cup + 1 Tbsp.
Dijon mustard		⅓ cup		⅔ cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Chop or shred the rinsed and cored cabbage.
2. In a large bowl, combine all ingredients and mix thoroughly.
3. Cover and place in cooler for at least 15 minutes before serving.
4. Transfer to serving pans or individual portion cups.

HACCP Critical Control Point: Hold at internal temperature of 31°F or below.

Serving Information

Portion 1/2 cup per serving.

Each serving provides ½ cup other vegetable subgroup.

Nutrition Information per ½ cup serving *From USDA Nutrient Database

Calories: 60 Total Fat: 3g Saturated Fat: 0g Monounsaturated Fat: 2g Polyunsaturated Fat: 0g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 8g Fiber: 2g Total Sugar: 5g Protein: 1g Sodium: 261mg Vitamin A: 94µg
Vitamin C: 45mg Calcium: 27mg Iron: 1mg Folate: 18µg

