

RECIPE NAME: TROPICAL SLAW		
RECIPE CODE:		
# PORTIONS: 25		
PORTION SIZE: 1/2 cup		
VEG. EQUIVALENT: 1/2 cup = 1/2 cup "Other" For School Lunch		
INGREDIENTS:	WEIGHT/ MEASURE:	DIRECTIONS:
Chinese Cabbage, thinly sliced or shredded	1 lb. or 1/2 medium head	1. Shred cabbage.
Red Cabbage, thinly sliced or shredded	1 lb. or 1/2 medium head	2. Combine cabbage, carrots, scallions, cilantro, strawberries and pineapple.
Carrots, peeled & shredded	1 1/2 cups	3. Whisk together the pineapple juice, vinegar, honey, soy sauce, chili powder and cinnamon.
Scallions, white & green;	1/2 cup	4. Slowly add oil as you whisk until dressing is well blended.
Cilantro, chopped	1/2 cup	5. Pour dressing over vegetables and fruit. Mix with tongs.
Strawberries, sliced	2 cups	6. Toss before serving.
Pineapple, diced	2 cups	
Pineapple Juice	1/8 cup	
White or Cider Vinegar	1/2 cup	
Honey	1/4 cup	
Soy Sauce	1 tablespoon	
Chili Powder	1 teaspoon	
Cinnamon	1 tablespoon	
Oil, Vegetable	3/4 cup	

RECIPE NAME: BRAISED CABBAGE and APPLES		
RECIPE CODE:		
# PORTIONS: 25		
PORTION SIZE: 1/2 cup		
VEG. EQUIVALENT: 1/2 cup = 1/2 cup "Other" For School Lunch		
INGREDIENTS:	WEIGHT/ MEASURE:	DIRECTIONS:
Spanish Onions, thinly sliced	3/4 cup (Approx. 3/4 lb. or 1 medium onion)	1. In a tilt skillet or large braising pan, saute onions and garlic in the oil, salt, and pepper. Cook until soft. 2. Add the vinegar and apple juice. Mix in the cabbages and apples. 3. Stir until coated. 4. Cook, stirring often, until the cabbage is soft; about 1 hour.
Garlic, chopped	1 teaspoon	
Oil, Vegetable	1/4 cup	
Salt	1.5 teaspoons	
Black Pepper	1 teaspoon	
Cider Vinegar	1/4 cup	
Apple Juice	1 1/2 cups	
Red Cabbage, thinly sliced	1 3/4 lbs.	
Chinese Cabbage, thinly sliced	1 med. Head (Approx. 2 lbs.)	
Apples, peeled & diced	1 cup (1/4 lb.)	

RECIPE NAME: GINGER SLAW		
RECIPE CODE:		
# PORTIONS: 25		
PORTION SIZE: 1/2 cup		
VEG. EQUIVALENT: 1/2 cup = 1/2 cup "Other" For School Lunch		
INGREDIENTS:	WEIGHT/ MEASURE:	DIRECTIONS:
Carrots, peeled & grated or diced in buffalo chopper	1 1/2 large	1. In a large bowl, toss together the carrots, cabbage and onions. Mix well.
Red Cabbage, thinly sliced or shredded	1 lb. or 1/2 medium head	2. Make dressing by combining the honey, vinegar, oil, ginger, garlic, salt, and pepper in a bowl.
Chinese Cabbage, thinly sliced or shredded	1 lb. or 1/2 medium head	3. Add the dressing gradually to the bowl of cabbage, tossing with hands or tongs, until the slaw is well-coated.
Red Onions, diced	1/4 medium onion	4. Toss before serving.
Honey	1/4 cup	
White Vinegar	1 cup	
Vegetable Oil	1/4 cup	
Fresh Ginger, minced	3 tablespoons	
Garlic, minced	1.5 tablespoons	
Salt	1 teaspoon	
Black Pepper	1 teaspoon	

RECIPE NAME: ROASTED CURRIED CABBAGE		
RECIPE CODE:		
# PORTIONS: 25		
PORTION SIZE: 1/2 cup		
VEG. EQUIVALENT: 1/2 cup = 1/2 cup "Other" For School Lunch		
INGREDIENTS:	WEIGHT/ MEASURE:	DIRECTIONS:
Chinese Cabbage, thinly sliced	2 med. Heads (Approx. 2 lbs. each)	1. Preheat convection oven to 350°F.
Spanish Onions, thinly sliced	1 medium	2. In a large bowl, combine the cabbage, onions and apples. Drizzle with the olive oil. Toss gently to coat.
Granny Smith Apples, peeled and sliced	4 each	3. Sprinkle the curry powder over cabbage mixture.
Olive Oil	1/4 cup	4. Season with salt and pepper.
Curry Powder, mild or hot	1 tablespoon	5. Transfer cabbage mixture to sheet pans. Make sure mixture is spread out on pan.
Salt	To taste	6. Bake for approximately 20 minutes or until cabbage is tender and edges are golden.
Black Pepper	To taste	
		*Note: Can be served hot or cold.