

Fall

Winter

Spring

Summer

Gingered Cabbage Salad

NUTRITION INFORMATION

SERVING SIZE: ½ cup

Amount per Serving

Calories	95 kcal
Protein	1.56 g
Carbohydrate	12.97 g
Total Fat	4.74 g
Saturated Fat	0.60 g
Cholesterol	0 mg
Vitamin A	307.83 IU
Vitamin C	31.05 mg
Iron	0.72 mg
Calcium	32.21 mg
Sodium	58.27 mg
Dietary Fiber	2.66 g

EQUIVALENTS: ¾ cup provides ¾ cup other vegetable.

Recipe HACCP Process: #1 No Cook

“Yes, it is more work to use local foods, but that little bit of extra work is more than fair for such great product that gives back to the community.”

— CHRISTA GOWEN

Gingered Cabbage Salad • 40 servings ($\frac{3}{4}$ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Red cabbage	4 lb		<ol style="list-style-type: none"> 1 Cut cabbage into 6 wedges each and remove core. Shred cabbage in a food processor fitted with a shredding disc, emptying it into a large bowl as it fills. Set aside. 	<p><i>You can use all red or all green cabbage if that's what you have on hand.</i></p>
Green cabbage	2 lb			
Apples		4 each	<ol style="list-style-type: none"> 2 Core and peel apples; cut into 6 wedges. Thinly slice the apple wedges. Toss with lemon juice in a small bowl. 	
Lemon juice		$\frac{1}{4}$ cup		
Olive oil		$\frac{1}{2}$ cup	<ol style="list-style-type: none"> 3 Whisk oil, vinegar, ginger, honey, mustard, garlic, salt and pepper in a small bowl until well combined. 	
Cider vinegar		$\frac{1}{2}$ cup		
Minced, peeled, fresh ginger		1 Tblsp		
Honey		1 Tblsp		
Dijon mustard		1 Tblsp		
Minced garlic		$1\frac{1}{2}$ tsp		
Kosher salt		1 tsp		
Ground black pepper		$\frac{1}{4}$ tsp		
Dried cranberries		2 cups	<ol style="list-style-type: none"> 4 Add the apples and lemon juice to the cabbage. Drizzle with the dressing and toss to coat. Add cranberries and toss again. Sprinkle with sunflower seeds. Cover and let stand for 15 minutes before serving. If preparing more than 30 minutes before service, refrigerate. 	
Sunflower seeds		1 cup		

