

# CABBAGE SLAW

<b>Culinary Intro:</b>	This slaw is a great accompaniment for tacos or tostadas. The bright citrus notes pair well with pork or chicken dishes.
<b>Nutrition Intro:</b>	Cabbage is a type of cruciferous vegetables rich in vitamins, minerals and good-for-you phytonutrients.

**Prep Time:** 15 minutes

**Ingredients for 4 servings:**

**Each serving = ½ cup**

**Cost per serving=\$0.14**

- 2 cups shredded green cabbage
- ¼ cup finely sliced red onion
- juice from 1 lime, enough to make 2 Tablespoons
- juice from 1 orange, enough to make 2 Tablespoons
- 1 teaspoon apple cider vinegar
- ¼ cup chopped cilantro
- 1 jalapeno, seeded, and finely sliced
- ¼ teaspoon salt
- freshly ground black pepper, to taste

**Steps:**

1. Place cabbage in colander and season with salt. Let sit for 10 minutes until the cabbage starts to release water. Gently press to remove excess liquid.
2. Place the drained cabbage into a large bowl. Add the red onion, vinegar, lime and orange juice, cilantro and jalapeno. Season with salt and pepper.

Nutrition Facts	
Serving Size 1/2 cup (67g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 20</b>	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 150mg	6%
<b>Total Carbohydrate</b> 5g	2%
Dietary Fiber 1g	4%
Sugars 2g	
<b>Protein</b> 1g	
Vitamin A 2%	Vitamin C 35%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Culinary/ Nutrition Notes for Demo:

- |          |  |
|----------|--|
| <b>1</b> | <p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• choose a cabbage that is heavy for its size</li> <li>• squeeze as much liquid from the cabbage as possible</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>• Like broccoli, cauliflower, and kale, cabbage is a cruciferous vegetable rich in nutrients.</li> <li>• Cabbage is a rich source of vitamin C. To get the most nutritional value from cabbage, try buying whole heads of cabbage rather than shredded cabbage, as shredded cabbage may lose some of its vitamin C.</li> </ul>  |
| <b>2</b> | <p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• to add more spice to the slaw, keep the seeds of the jalapeno intact</li> <li>• use a combination of red and green cabbage for a colorful variation</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>• The nutrients in cabbage vary slightly with variety and color. Plant foods, such as fruits and vegetables, have health promoting compounds called phytonutrients—plant-based compounds that may help lower inflammation and reduce the risk of developing some types of cancer.</li> <li>• Each color of plant foods represents a different family of phytonutrients, try choosing a variety of deep colored plant foods to obtain more health benefits.</li> <li>• Cabbage is also rich in fiber and low in calories.</li> <li>• Fiber helps us feel full faster, and promotes digestive health.</li> </ul> |
| <b>3</b> | <p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• this slaw will keep in the fridge for up to 5 days</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>• By adding aromatics such as cilantro and onion, flavor is enhanced without adding extra salt.</li> <li>• Try choosing fresh herbs and spices to add flavor and skip the salt shaker.</li> </ul>   |

<b>Clean-up/Review comments</b>		
<p><b>Culinary:</b> Cabbage slaw instantly takes a dish to another level...the brightness from the citrus, slight tang from the vinegar, and crunch from the cabbage all combine to add a depth of flavor to many foods.</p> <p><b>Nutrition:</b> Remember all these beautiful colors are not only adding presentation to the meals, they are also increasing its nutritional value.</p>		

Materials	Shopping List	Qty.
<ol style="list-style-type: none"> <li>1. 1 cutting board</li> <li>2. 1 knife</li> <li>3. 1 bowl for trash</li> <li>4. 1 box grater</li> <li>5. 1 colander</li> <li>6. 1 large bowl to drain cabbage</li> <li>7. 1 large bowl for slaw</li> <li>8. mise en place cups</li> <li>9. silicone spatula</li> <li>10. locked tongs with silicone edges</li> <li>11. measuring cups</li> <li>12. measuring spoons</li> <li>13. paper plates/ cups/ soufflé cups</li> <li>14. paper towels</li> <li>15. tablecloth</li> <li>16. kitchen towel</li> <li>17. gloves</li> <li>18. copies of recipe</li> </ol>	<b>Produce</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 head green cabbage</li> <li><input type="checkbox"/> 1 bunch cilantro</li> <li><input type="checkbox"/> 1 red onion</li> <li><input type="checkbox"/> 1 jalapeno</li> <li><input type="checkbox"/> 1 lime</li> <li><input type="checkbox"/> 1 orange</li> </ul>	
	<b>Condiments</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 small jar apple cider vinegar</li> <li><input type="checkbox"/> salt</li> <li><input type="checkbox"/> black pepper</li> </ul>	
	<b>Paper Goods</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> plates, forks, napkins, paper towels</li> </ul>	

**Prepping for demo:**

- Shop for ingredients/ Ensure all ingredients are available
- Rinse & dry produce
- Prep & store for demo as requested in recipe; shred a batch of cabbage for recipe, store
- Label all mise en place items
- Make sure to leave a portion of the produce intact for demo purposes
- If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time
- Ensure all equipment is in place and set up table with a tablecloth
- Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe

**Estimated time for preparation:** ½ hour