

Cole Slaw

Vegetable

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Modified E-09

Ingredients	25 Servings		50 Servings		100 Servings		Directions	
	Weight	Measure	Weight	Measure	Weight	Measure		
Fresh cabbage, coarsely chopped	1 lb 13 ½ oz	3 qt	3 lb 11 oz	1 gal 2 qt	7 lb 6 oz	3 gal	1. Place cabbage, carrots, and peppers (optional) in large bowl and toss lightly to mix.	
Fresh carrots, finely shredded	3 oz	¾ cup 2 Tbsp	6 oz	1 ¾ cup	12 oz	3 ½ cups		
Fresh green pepper, chopped (optional)		¼ cup		½ cup		1 cup	2. Dressing: In a separate bowl, combine yogurt, sugar, celery seed, dry mustard, and vinegar.	
Nonfat yogurt, plain	7 oz	¾ cup 2 Tbsp	14 oz	1 ¾ cup	1 lb 12 oz	3 ½ cups		
Sugar		1 Tbsp		2 Tbsp		4 Tbsp		
Celery seed		1 tsp		2 tsp		4 tsp		
Dry mustard		½ tsp		1 tsp		2 tsp		
White vinegar		1 Tbsp		2 Tbsp		4 Tbsp		
								3. Pour dressing over vegetables. Mix thoroughly. Spread 2 lb 9 ½ oz (approx 1 qt 2 ¼ c) into each pan (9"x13"x2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
								4. CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until ready to serve.
							5. Mix lightly before serving. Portion with No. 16 scoop (1/4 cup).	

Source: Modified USDA Recipes for Child Care Recipe E-09. Replaced Lowfat Mayonnaise with Non-fat Plain Yogurt.

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Serving:	Yield:	Volume:
¼ cup (No. 16 scoop) provides ¼ c Vegetables.	25 Servings: 2 lb 9 ½ oz	25 Servings: 1 qt 2 ¼ c; 1 pan
	50 Servings: 5 lb 3 oz	50 Servings: 3 qt ½ c; 2 pans
	100 Servings: 10 lb 6 oz	100 Servings: 6 qt 1 c; 4 pans

Nutrients Per Serving			
Calories	15	Saturated Fat	0 g
Protein	1 g	Cholesterol	0 mg
Carbohydrate	4 g	Vitamin A	710 IU
Total Fat	0 g	Vitamin C	12.3 mg
Calories from Fat	0 (0%)	Iron	0.3 mg
		Calcium	35.7 mg
		Sodium	15 mg
		Dietary Fiber	1 g

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