

Apple Cranberry Cole Slaw

Author: Adapted from Ashlee Gabrielson, Viroqua WI Vernon County Farm to School

Recipe type: Cold vegetable/fruit side dish. HACCP Process: 1

Cuisine: This is a crisp sweet and tart salad chocked full of cabbage, apples and cranberries!

Prep time: 50 mins Total time: 50 mins

Serves: 100½ cup

USDA Meal Components: ¼ cup fruit, ¼ cup other vegetable

This is a November, January or March school recipe for cabbage or apples.

Cooking and Prep Level: Basic.

Ingredients

- 7 lbs. 6 oz Green cabbage, shredded and chilled
- 6 lbs 8 oz Apples, Gala, 125-138 ct, chopped skin on
- 3 lbs Cranberries, dried
- 1 cup Lemon Juice, fresh
- 2 cups Oil, olive or canola
- 1 cup Vinegar, apple cider
- 1½ cups Honey
- 1½ cups Apple Cider, fresh

Instructions

1. Shred cabbage and refrigerate. Drain before combining.
2. Chop apples, place apples in lemon juice. Toss to coat to prevent browning.
3. Combine cold, shredded drained cabbage, apples and cranberries. Toss to mix. Set aside.
4. Combine vinegar, apple cider and honey. Whisk in oil to incorporate. Taste for seasonings, adjust ingredients if too tart or too sweet.
5. Add dressing to cabbage mixture, tossing to coat. Taste, adjust seasonings if needed.
6. Place in hotel pans, 1 for 50 servings, 2 for 100 servings.
7. CCP: Cool to a minimum of 41°F within 4 hours
8. CCP: Hold at a minimum of 41°F through service.
9. Portion: ½ cup #8 scoop

Notes

Looking for Illinois apples? Check out this search engine for apple orchards near you! orangepippin.com/illinois

Nutrition Information

Serving size: ½ cup Calories: 150 Fat: 4.7 g Saturated fat: .6 g Trans fat: 0 Carbohydrates: 29.4 g Sugar: 23.1 g Sodium: 10.5 mg Fiber: 2.8 g Protein: .7 g Cholesterol: 0

Recipe by Illinois Harvest of the Month at <http://harvestillinois.org/?p=1480>