

Asian Cabbage Salad


Fall Winter Spring Summer

NUTRITION INFORMATION	
SERVING SIZE: ½ cup	
Amount per Serving	
Calories	61 kcal
Protein	1.78 g
Carbohydrate	9.28 g
Total Fat	2.38 g
Saturated Fat	0.33 g
Cholesterol	0 mg
Vitamin A	2843.51 IU
Vitamin C	36.10 mg
Iron	0.77 mg
Calcium	52.66 mg
Sodium	93.32 mg
Dietary Fiber	2.07 g
EQUIVALENTS: ½ cup provides ½ cup other vegetable.	
Recipe HACCP Process: #1 No Cook	

“I really like it because
it has a nice mixture of
sweet, sour, and crunch!”

— 5TH GRADER

Asian Cabbage Salad • 50 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
			1 Preheat convection oven to 350°F or conventional oven to 375°F. Line a sheet pan with parchment paper.	 <p>You can use just 1 or 2 types of cabbage — you'll need 5½ qt of shredded cabbage total.</p>
Ramen noodles		6 pkgs	2 Discard flavor packs from ramen noodles. Crumble noodles into a medium bowl. Add sunflower seeds and vegetable oil to the ramen noodles and stir to coat. Spread the mixture evenly on the prepared pan. Bake until browned, stirring once or twice, 3 to 5 minutes. Set aside to cool.	
Sunflower seeds		½ cup		
Vegetable oil		2 Tblsp		
Green cabbage	3 lb 8 oz	1 small	3 Quarter and core cabbage. Slice the cabbage quarters in a food processor fitted with a slicing blade. Transfer to a large bowl.	
Red cabbage	2 lb 10 oz	1 small		
Napa cabbage	2 lb 8 oz	1 small		
Carrots	1 lb	6 medium	4 Trim and peel carrots. Shred in a food processor fitted with a shredding blade. Add to the cabbage.	
Scallions		8 small	5 Trim scallions and finely dice. Add to the vegetables and toss to combine.	
Rice vinegar		⅔ cup	6 Whisk vinegar, sugar, soy sauce, sesame oil and pepper in a small bowl until the sugar is dissolved.	
Granulated sugar		½ cup		
Low-sodium soy sauce		¼ cup		
Sesame oil		1 tsp		
Ground black pepper		½ tsp		
			7 Just before serving, toss the salad with the dressing and ramen mixture.	