



Kickin' Coleslaw

A tasty slaw with a soul food kick. Great to top shredded BBQ.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Michigan Department of Education

Preparation Time: 40 minutes

Cook Time: 0 minutes

NSLP/SBP crediting information:

1 cup provides ½ cup other vegetable, ⅓ cup additional vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Collard greens, fresh, shredded, stems removed	1 lb 14 oz	1 ¾ gal 2 cups	3 lb 12 oz	3 gal 3 qt	<ol style="list-style-type: none"> 1. Tear collard greens into ¼- to ½-inch shreds. 2. In a large mixing bowl, toss together collard greens, cabbage, and carrots.
Cabbage, fresh, shredded, ready-to-use	3 lb 12 oz	1 ¾ gal 2 cups	7 lb 8 oz	3 gal 3 qt	
Carrots, fresh, shredded, ready-to-use	11 oz	3 ¾ cups	1 lb 6 oz	7 ½ cups	<ol style="list-style-type: none"> 3. In a separate mixing bowl, whisk together granulated sugar, brown sugar, garlic powder, onion powder, cayenne pepper, mayonnaise, and apple cider vinegar until well combined.
Sugar, granulated	7 ½ oz	¾ cup 3 Tbsp	15 oz	1 ¾ cups 2 Tbsp	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Sugar, brown, packed	7 ½ oz	¾ cup 3 Tbsp	15 oz	1 ¾ cups 2 Tbsp	<p>4. Add dressing to vegetables and toss until evenly coated.</p> <p>5. Transfer 1 ½ gal 1 cup (about 3 lb 4 oz) of Kickin' Coleslaw to a steam table pan (12" x 20" x 2 1/2"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p>
Garlic powder		1 Tbsp ¾ tsp		2 Tbsp 1 ½ tsp	
Onion powder		2 Tbsp ¾ tsp		2 Tbsp 1 ½ tsp	<p>Critical Control Point: Cool to 41 °F or below within 4 hours.</p> <p>Critical Control Point: Hold for cold service at 41 °F or below.</p>
Cayenne pepper		1 ½ tsp		1 Tbsp	
Mayonnaise		1 ¾ cups 2 Tbsp		3 ¾ cups	<p>6. Portion 1 cup with an 8 fl oz spoodle or two No. 8 scoops.</p>
Apple cider vinegar		¼ cup 3 ½ Tbsp		¾ cup 3 Tbsp	



KICKIN' COLESLAW
NUTRITION INFORMATION

For 1 cup (8 fl oz spoodle)

NUTRIENTS	AMOUNT
Calories	88
<hr/>	
Total Fat	4 g
Saturated Fat	<1 g
Cholesterol	3 mg
Sodium	93 mg
Total Carbohydrate	13 g
Dietary Fiber	2 g
Total Sugars	10 g
Added Sugars included	N/A
Protein	2 g
<hr/>	
Vitamin A	N/A
Vitamin C	N/A
Vitamin D	N/A
Calcium	79 mg
Iron	<1 mg
Potassium	N/A

N/A=data not available.

MARKETING GUIDE		
Food as Purchased for	50 Servings	100 Servings
Collard greens, fresh, untrimmed	3 lb 5 oz	6 lb 10 oz

NOTES
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.
 Cooking Process #1: No Cook

YIELD/VOLUME	
50 Servings	100 Servings
About 7 lb 8 oz	About 15 lb
About 3 gal 2 cups/2 steam table pans (12" x 20" x 2 1/2")	About 6 gal 1 qt/4 steam table pans (12" x 20" x 2 1/2")

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

