



# JERSEY TASTES!

## RECIPES

### Pineapple-Cabbage Slaw

## INGREDIENTS:

**FAMILY-SIZE  
SERVES: 8**



- 1 each 8 oz. can Pineapple Tidbits or 1/4 each Fresh Pineapple
- 3 cups Cabbage, finely shredded  
*(Add some Red/Purple Cabbage for extra color)*
- 1 each Carrot, shredded or chopped
- Optional 1/4 cup Craisins or Raisins
- 3 tablespoons Pineapple Juice
- 1/4 cup Mayonnaise

*(Reduce fat --- use light or fat-free!)*



## DIRECTIONS:

- 1** Drain canned pineapple or cut fresh into chunks. Save juice.
- 2** Combine pineapple, cabbage, carrots & craisins or raisins in a bowl.

**SCHOOL FOOD SERVICE  
# PORTIONS: 24**



- 1/2 of #10 can Pineapple Tidbits or 1 each Fresh Pineapple
- 2.25 quarts Green/Red Cabbage, finely shredded; Approx. 1.5 lbs.
- 1 lb. Carrots, shredded or chopped; Approx. 5-6 medium
- 1 cup Craisins or Raisins
- 2/3 cup Pineapple Juice
- 3/4 cup Mayonnaise; light or fat free

**Portion Size: 3/4 cup =  
1/2 cup Veg/Other; 1/4 cup Fruit**

Check out recipe video:  
[https://www.youtube.com/watch?v=IDN-p1\\_kuCs&feature=youtu.be](https://www.youtube.com/watch?v=IDN-p1_kuCs&feature=youtu.be)

- 3** Mix together pineapple juice & mayonnaise for dressing.
- 4** Add dressing to cabbage mixture. Toss. Chill.

RECIPES MADE IN COLLABORATION WITH:

