

Creamy Coleslaw

This classic side dish, Creamy Coleslaw, is a flavorful and crunchy combination of fresh cabbage, fresh carrots, green onions, and dried cranberries in a sweet and tangy yogurt-based dressing.

CACFP Home Childcare Crediting Information

½ cup (½ cup measuring cup or 4 oz spoodle)
provides ½ cup vegetable (½ cup other vegetable).



Preparation Time: 15 minutes

Cooking Time: 10 minutes

Makes: 6 servings

Ingredients

- ½ cup or 5 oz Low-fat yogurt, plain
- ¼ cup or 2 oz Low-fat mayonnaise
- ¼ cup or 2 ½ oz Honey
- ⅛ cup Apple cider vinegar
- ¼ tsp Salt
- ¼ tsp Ground black pepper
- 4 cups (1 qt) or 6 oz Fresh green cabbage, chilled, shredded
- ¾ cup or 1 ¼ oz Fresh purple cabbage, chilled, shredded
- ¾ cup or 2 oz Fresh carrots, shredded
- ½ cup or 1 oz Fresh green onions, diced
- ½ cup or 2 ¼ oz Dried cranberries

Directions

- 1 Dressing:**
Combine yogurt, mayonnaise, honey, vinegar, salt, and pepper in a medium mixing bowl. Stir well.
Set aside for step 3.
- 2 Salad:**
Combine cabbage, carrots, onions, and dried cranberries in a large mixing bowl. Toss lightly.
Set aside for step 3.
- 3** Five minutes before serving time pour dressing over vegetable mixture. Stir well.
- 4** Transfer coleslaw to a large serving dish.
- 5 Critical Control Point:**
Cool to 40 °F or lower within 4 hours.
- 6 Critical Control Point:**
Hold at 40 °F or below until served.
- 7** Serve ½ cup (portion with ½ cup measuring cup or 4 oz spoodle).

Source:

CACFP Home Childcare 6-Serving Recipe Project

Nutrients Per Serving: Calories 144, Protein 3 g, Carbohydrates 30 g, Dietary Fiber 2 g, Total Sugars 24 g, Total Fat 2 g, Saturated Fat 1 g, Cholesterol 5 mg, Sodium 150 mg, Vitamin A 111 mcg RAE, Vitamin C 15 mg, Vitamin D 0 mg, Calcium 49 mg, Iron 0 mg, Potassium 127 mg

