

# FALL SLAW

<b>Culinary Intro:</b>	This slaw variation is a delicious treat during the autumn months.
<b>Nutrition Intro:</b>	

<p><b>Prep Time:</b> min  <b>Ingredients for 12 servings</b>  <b>Each serving = 1 cup</b>  <b>Cost per serving= \$</b>  <b>Ingredients:</b>  <b>Salad:</b>                  2 each Firm pears, shredded                  1 each Small red onion, thinly sliced                  1/2 head Red cabbage, shredded                  1 bunch Kale, leaves thinly sliced                  1 each Red bell pepper, thinly sliced                  1/2 cup Dried cranberries                  1/2 cup Chopped pecans, toasted  <b>Dressing:</b>                  1/2 cup Fat-free Greek yogurt                  2 TBSP Tahini                  1 TBSP Apple cider vinegar                  TT Salt &amp; freshly ground black pepper</p> <p><b>Steps:</b>  <b>Dressing:</b>                  1. Combine all ingredients and whisk well to combine.  <b>Salad:</b>                  1. In a large bowl, combine the pears, onion, cabbage, kale, and bell pepper. Top with the dressing and mix well.                  2. Top with the cranberries and pecans. Enjoy!</p>	<p><b>Culinary/ Nutrition Notes for Demo:</b></p> <table border="1"> <tr> <td style="text-align: center; vertical-align: middle;"><b>1</b></td> <td> <p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>The colors of the vegetables make this a lovely side dish and helps you paint your plate with produce!</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>It is packed with various vegetables and fruit, all of which delivers a different set of vitamins and minerals.</li> </ul> </td> </tr> <tr> <td style="text-align: center; vertical-align: middle;"><b>2</b></td> <td> <p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>The pears and dried cranberries add a touch of sweetness to the slaw without adding refined sugar.</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>The chopped pecans and tahini adds healthy fats to the dish.</li> </ul> </td> </tr> <tr> <td style="text-align: center; vertical-align: middle;"><b>3</b></td> <td> <p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li></li> <li></li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>The Greek yogurt ups the amount of protein in the slaw when compared to typical recipes. It also reduces the amount of unhealthy fats while maintaining the creaminess</li> </ul> </td> </tr> <tr> <td style="text-align: center; vertical-align: middle;"><b>4</b></td> <td> <p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li></li> <li></li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li></li> </ul> </td> </tr> <tr> <td style="text-align: center; vertical-align: middle;"><b>5</b></td> <td> <p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>Click here to enter text.</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li></li> </ul> </td> </tr> </table>	<b>1</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>The colors of the vegetables make this a lovely side dish and helps you paint your plate with produce!</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>It is packed with various vegetables and fruit, all of which delivers a different set of vitamins and minerals.</li> </ul>	<b>2</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>The pears and dried cranberries add a touch of sweetness to the slaw without adding refined sugar.</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>The chopped pecans and tahini adds healthy fats to the dish.</li> </ul>	<b>3</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li></li> <li></li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>The Greek yogurt ups the amount of protein in the slaw when compared to typical recipes. It also reduces the amount of unhealthy fats while maintaining the creaminess</li> </ul>	<b>4</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li></li> <li></li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li></li> </ul>	<b>5</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>Click here to enter text.</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li></li> </ul>
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Nutrition Facts	
12 servings per container	
Serving size	1 Cup
Amount Per Serving	
<b>Calories</b>	<b>110</b>
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 2g	
Cholesterol 0mg	0%
Sodium 10mg	1%
Total Carbohydrate 10g	8%
Dietary Fiber 3g	11%
Total Sugars 9g	
Includes 2g Added Sugars	4%
Sugar Alcohol 0g	
<b>Protein 3g</b>	<b>6%</b>
Vitamin D 0mcg	0%
Calcium 69mg	5%
Iron 1mg	8%
Potassium 322mg	9%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Clean-up/Review comments**

**Culinary:**

Click here to enter text.

**Nutrition:**

Materials	Shopping List
<ol style="list-style-type: none"> <li>1. 1 cutting board</li> <li>2. 1 Chef's knife</li> <li>3. 1 bowl for trash</li> <li>4. 1 large mixing bowl</li> <li>5. 1 serving dish for final presentation</li> <li>6. mise en place cups</li> <li>7. 1 electric skillet</li> <li>8. 1 can opener</li> <li>9. 1 strainer/ sieve</li> <li>10. silicone spatula</li> <li>11. measuring cups</li> <li>12. measuring spoons</li> <li>13. paper plates/ cups/ soufflé cups</li> <li>14. tasting spoons</li> <li>15. paper towels</li> <li>16. tablecloth</li> <li>17. kitchen towel</li> <li>18. gloves</li> <li>19. copies of recipe</li> </ol>	<p><b>Produce</b></p> <ul style="list-style-type: none"> <li>• pears</li> <li>• small red onion</li> <li>• red cabbage</li> <li>• kale</li> <li>• red bell pepper</li> <li>• fat-free Greek yogurt</li> </ul> <p><b>Dry Goods</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> dried cranberries</li> <li><input type="checkbox"/> Chopped pecans</li> <li><input type="checkbox"/> Tahini</li> <li><input type="checkbox"/> Apple cider vinegar</li> <li><input type="checkbox"/> Salt</li> <li><input type="checkbox"/> pepper</li> </ul> <p><b>Condiments</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/></li> </ul> <p><b>Paper Goods</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <a href="#">Click here to enter text.</a></li> </ul>
<p><b>Prepping for demo:</b></p> <ul style="list-style-type: none"> <li>• Shop for ingredients/ Ensure all ingredients are available</li> <li>• Rinse &amp; dry produce</li> <li>• Prep &amp; store for demo as requested in recipe</li> <li>• Label all mise en place items</li> <li>• Make sure to leave a portion of the onion, garlic, intact for demo purposes</li> <li>• If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time for easy execution during demo</li> <li>• Ensure all equipment is in place and set up table with a tablecloth</li> <li>• Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe</li> </ul> <p><b>Estimated time for preparation: 15 minutes</b></p>	