***NR#17 NMDOH TRI-COLOR COLESLAW-LOIS ELLEN FRANK***

***Serving Size and Ingredients: 1cup***

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| **25 Servings** | **50 Servings** | **100 Servings** | **Ingredients** |
| 3 ½ cups | 7 1/8 cups | 14 ¼ cups | Thinly Shredded red cabbage |
| 3 ½ cups | 7 1/8 cups | 14 ¼ cups | Thinly shredded white/green cabbage |
| 3 ½ cups | 7 1/8 cups | 14 ¼ cups | Kale, stems removed and finely chopped |
| 1 3/4c | 3 ½ cups | 7 1/8 cups | Grated carrots |
| 1 ¾ TBSP | 3 ½ TBSP | 7 1/8 TBSP | Apple cider vinegar |
| 1 2/4 tsp | 3 ½ tsp | 7 1/8 tsp | Kosher salt |
| 5 1/3 TBSP | 10 ¾ TBSP | 21 ½ TBSP | Low sugar raspberry jam |
| 1 ¾ tsp | 3 ½ tsp | 7 1/8 tsp | Dijon Mustard |
| 5 1/3 TBSP | 10 ¾ TBSP | 21 ½ TBSP | Balsamic Vinegar |
| 5 1/3 TBSP | 10 ¾ TBSP | 21 ½ TBSP | Tap water |
| 1/2c | 1 cup | 1 3/4cups | Sunflower seeds-optional garnish |
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***Instructions:***

**1.Combine shredded red cabbage, green cabbage, kale, and carrots.**

**2. Pour a little of the apple cider vinegar over the vegetables with the salt and toss. Let sit for approximately 5 to 10 minutes to marinate and soften the kale.**

**3. Mix remaining ingredients in a small bowl to make the dressing, slowly adding the water to the other ingredients until you get the desired consistency. Once completely mixed, pour over cabbage mixture and toss together well.**

**4. Garnish with the pumpkin or sunflower seeds.**

**Serve immediately or refrigerate until needed.**