CONFETTI COLESLAW

YIELD: 25 (½ cup) servings

**INGREDIENTS:**
- 1 ¾ cup Sunshine Dressing (see recipe)
- 12 oz. green cabbage (about 3 ¾ cup)
- 12 oz. red cabbage (about 3 ¾ cup)
- 11 oz. cup shredded carrots (pre-cut, ready to serve, about 3 ¾ cup)
- 3 ¾ cup canned mandarin oranges, drained
- 1 ¾ cup Greek Yogurt, plain, nonfat
- 2 ½ tsp. Kosher salt

**INSTRUCTIONS:**
1. Prepare Sunshine Dressing up to 5 days in advance, refrigerate until ready to serve.
2. To make the coleslaw dressing: in a large mixing bowl, combine the Sunshine Dressing, Greek Yogurt, and salt. Whisk until combined.
3. Drain mandarin oranges, and roughly chop. Add to the bowl with the dressing.
4. Wash the green and red cabbage. Finely chop or shred and place in the bowl.
5. Toss all of the ingredients together, coating well with the dressing. Serve immediately, or refrigerate until ready to serve.

Serving size is ½ cup, of which 1/8 cup is fruit and 3/8 cup is vegetable.

RECIPES BY KELLY WALDRON, CHEF, ESC REGION 13
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SUNSHINE DRESSING

YIELD: 3 cups

**INGREDIENTS:**
- 1 cup frozen orange juice concentrate, undiluted, thawed
- ½ cup water
- ¼ cup apple cider vinegar
- 2 Tbsp. light brown sugar, packed
- 2 tsp. Kosher salt
- 1 cup vegetable oil

**INSTRUCTIONS:**
1. In a large bowl, whisk together all ingredients until well combined. Refrigerate until ready to serve. May be prepared up to 5 days before serving, refrigerate until use.

(This recipe may also be prepared in a blender.)

RECIPES BY KELLY WALDRON, CHEF, ESC REGION 13
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Recipe by Kelly Waldron, Chef, ESC Region 13

SERVING SIZE: 2 oz. (4 cup) SERVINGS

BUNNY CRUNCH SALAD

INSTRUCTIONS:

1. Prepare Sunshine Dressing up to 5 days in advance. Refrigerate until ready to use.
2. Drain pineapple slices and keep the juice.
3. Shred carrots (Pre-cut, Ready to serve).
4. Chop red bell pepper.
5. Wash the apples, but do not peel. Core, slice, and toss to coat. This will prevent the apples from turning brown.
6. Serve with dressing:

   - 1 tbsp. of dressing per serving

INGREDIENTS:

1. cup Sunshine Dressing
2. 3 cups drained pineapple slices (see recipe)
3. 1 lb. + 9 oz. shredded carrots
4. 1 lb. + 4 oz. apples (3)
5. 1 tbsp. (can use in June)
6. 3 cups mixed vegetables

SERVING SIZE: 2 oz. (4 cup) SERVINGS

POLKA DOT BEANS

INSTRUCTIONS:

1. Prepare Sunshine Dressing up to 5 days in advance. Refrigerate until ready to use.
2. Drain pineapple slices and keep the juice.
3. Wash the apples, but do not peel. Core, slice, and toss to coat. This will prevent the apples from turning brown.
4. Serve with dressing:

   - 1 tbsp. of dressing per serving

INGREDIENTS:

1. cup Sunshine Dressing
2. 3 cups mixed vegetables
3. 1 lb. + 9 oz. shredded carrots
4. 1 lb. + 4 oz. apples (3)
5. 1 tbsp. (can use in June)
6. 3 cups mixed vegetables

SERVING SIZE: 2 oz. (4 cup) SERVINGS