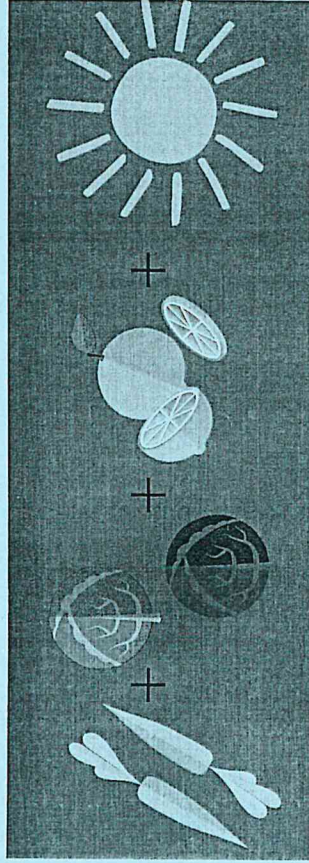


CONFETTI COLESLAW

YIELD: 25 (½ CUP) SERVINGS



INGREDIENT:

- 1 ¼ cup Sunshine Dressing (see recipe)
- 12 oz. green cabbage (about 3 ¼ cup)
- 12 oz. red cabbage (about 3 ¼ cup)
- 11 oz. cup shredded carrots (pre-cut, ready to serve, about 3 ¼ cup)
- 3 ¼ cup canned mandarin oranges, drained
- 1 ¼ cup Greek Yogurt, plain, nonfat
- 2 ½ tsp. Kosher salt

INSTRUCTIONS:

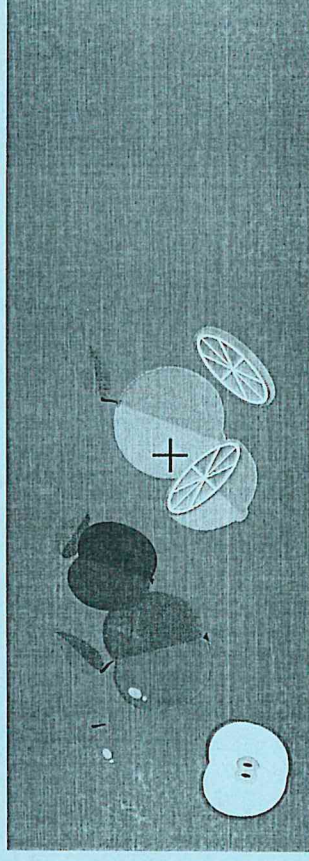
1. Prepare Sunshine Dressing up to 5 days in advance, refrigerate until ready to serve.
2. To make the coleslaw dressing: in a large mixing bowl, combine the Sunshine Dressing, Greek Yogurt, and salt. Whisk until combined.
3. Drain mandarin oranges, and roughly chop. Add to the bowl with the dressing.
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.

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

YIELD: 3 CUPS

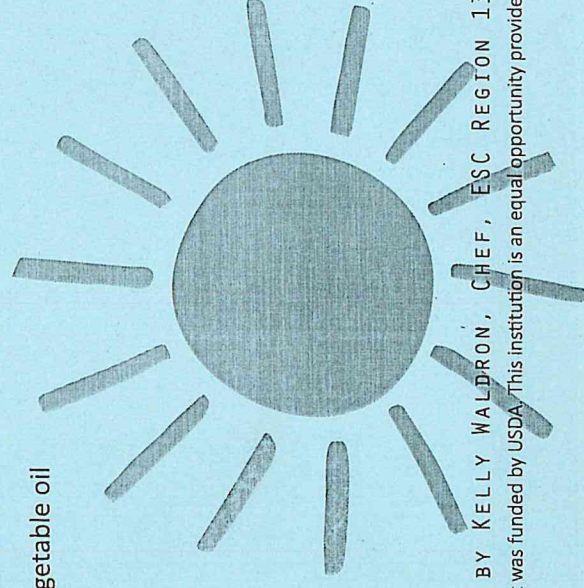


INGREDIENT:

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

INSTRUCTIONS:

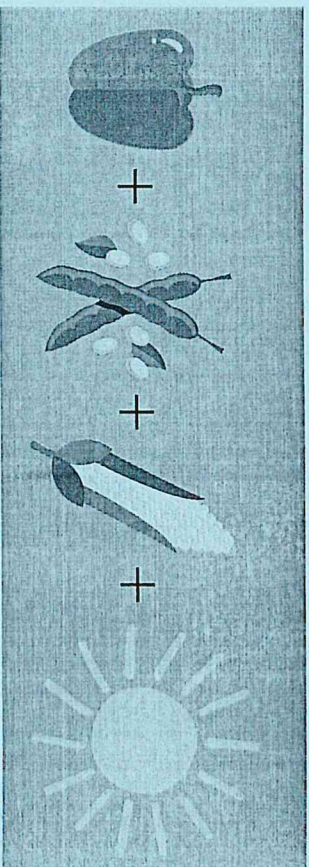
1. In a large bowl, whisk together all ingredients until well combined. Refrigerate until ready to serve. May be prepared up to 5 days before serving, refrigerate until use.
- (This recipe may also be prepared in a blender.)



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POLKA DOT BEANS

YIELD: 25 (½ CUP) SERVINGS



INGREDIENTS:

- 1 ½ cup Sunshine Dressing
- 3 (15 oz.) can black-eyed peas, reduced sodium

INSTRUCTIONS:

1. Prepare Sunshine Dressing up to 5 days in advance. Refrigerate until ready to use. Stir before adding to vegetables.

Refrigerate canned beans for at least 24 hours before service to ensure they are cold for the salad.

- 1 lb. 4 oz. sweet corn kernels, thawed from frozen
- 1 lb. 4 oz. green peas, thawed from frozen
- ½ cup fresh cilantro, chopped (optional)

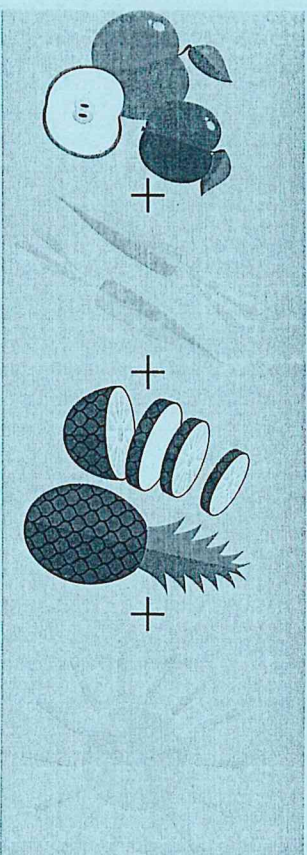
2. Rinse and drain beans completely. Place into a large mixing bowl.
3. Wash peppers. Remove seeds. Cut peppers into ½ inch strips, then cut into small dice. Add to the bowl with the beans.
4. Thaw corn and peas under running water and drain well. Add to the bowl with the other vegetables.
5. Pour dressing over the salad. Gently mix the salad, being careful not to smash the beans.
6. Optional: wash and chop cilantro and sprinkle on top just before serving.

Serving size is 1/2 cup (contains 1/8 cup each of: black-eyed peas, corn, peas, and red bell pepper)

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BUNNY CRUNCH SALAD

YIELD: 25 (½ CUP) SERVINGS



INGREDIENTS:

- 1 ¼ cup Sunshine Dressing (see recipe)
- 3 cups drained pineapple tidbits (canned in juice)
- 1 lb. + 4 oz. apples (3 ¼ cups chopped)

INSTRUCTIONS:

1. Prepare Sunshine Dressing up to 5 days in advance, refrigerate until ready to serve.

2. Drain pineapple, but keep the juice. Set pineapple aside, and put the juice in a large mixing bowl.

- 1 lb. + 9 oz. shredded carrots (pre-cut, ready to serve)
- 3. Wash the apples, but do not peel. Remove core, and cut apples into small dice. Immediately put the apples in the bowl with the pineapple juice and toss to coat. This will prevent the apples from turning brown.

4. Drain the apples, then add the pineapple, carrots, and Sunshine Dressing to the bowl. Mix well. Serve immediately or refrigerate until ready to serve.

Serving size is ½ cup, of which ¼ cup is fruit and ¼ cup is vegetable.

RECIPE BY KELLY WALDRON, CHEF, ESC REGION 13