

Coleslaw

Makes 30 2-ounce servings

Time: 20 - 25 minutes



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Kitchen Tools:

- 4 plastic lettuce knives
- 1 sharp chef's knife (for educator's use)
- 2 liquid measuring cups
- 1 set of measuring spoons
- 3 medium bowls
- 7 cutting boards
- 1 box grater
- 1 whisk
- 2 vegetable peelers
- Cut gloves

Ingredients:

- ¼ medium head green cabbage
- ¼ medium head purple cabbage
- 2 medium carrots
- 2 scallions, thinly sliced
- ½ green apple, cored and sliced into matchsticks
- ½ cup apple cider vinegar
- 6 Tablespoons olive oil
- 1 teaspoon Dijon mustard
- 1 teaspoon honey
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

Instructions:

1. The assistant educator preps for cooking while the lead educator introduces the lesson. Lead educator reads the recipe aloud with the students.
2. Divide students into three groups and prep ingredients (15-20 minutes)
 - a. Group 1: Use a lettuce knife to shred the cabbage. Measure 2 cups of each kind and add to a large bowl. Peel the carrots and cut off the tips and stems, then use a box grater to shred the carrots. Add 1 cup of grated carrots to the bowl. Set aside.
 - b. Group 2: Slice the scallions on the diagonal, leaving out the green tops. Add sliced scallions to a bowl. Core the apple and cut it into two pieces. Slice the apple halves into matchsticks and combine with the scallions. Set aside.
 - c. Group 3: Combine the apple cider vinegar, olive oil, mustard, honey, salt, and pepper in a bowl. Whisk together and set aside.
3. Collect the prepped ingredients and mix everything together well. Serve and enjoy!

