

DRESSINGS

Samurai Slaw



BAY VALLEY
F O O D S

Samurai Slaw

40 Servings (4 oz. each)

INGREDIENTS:	AMTS:	PROCEDURE:	NUTRITION (Per serving*)
Green cabbage, shredded	4 lb.	Combine cabbage, rice, chicken, and dressing in large bowl; mix well.	270 calories
Cooked rice, chilled	3 lb.		9 g protein
Cooked chicken breast, sliced, chilled	2 lb.	Add bamboo shoots, water chestnuts, and snow peas; mix well.	18 g carbohydrate
Rod's® Oriental Honey Sesame Dressing	1/2 gal.	Cover and refrigerate until well chilled.	1 g fiber
Bamboo shoots	6 oz.	Just before serving, toss well and garnish with chow mein noodles.	17 g fat
Water chestnuts, sliced	5 oz.		2.5 g saturated fat
Snow peas, cleaned, blanched	5 oz.		20 mg cholesterol
Chow mein noodles	For garnish		510 mg sodium

*without garnish

CHEF'S TIP:

• Chilled cooked brown rice may be substituted for white rice.



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