



LOCAL FOODS FOR GROWING MINDS

**FEED  
OUR  
FUTURE**

## RECIPE CARD

Make this dish. Make an impact.

When you choose to buy, prepare and eat fresh, local foods, it's better for you and your community! What will you make today? Cook & share with #FeedOurFuture.



## Coleslaw

### Featured Item: Carrots

Serving Size:  $\frac{3}{4}$  cup • Number of Servings: 4

#### Fun Facts:

- Some carrots are purple, yellow, or white.
- The first documented carrots were actually purple or white in color.

#### Try It!

- Look in the center of a purple carrot. You might find a colorful surprise!
- Roasting carrots makes them taste even sweeter!

## INGREDIENTS

- $\frac{1}{4}$  cup Vinaigrette salad dressing
- 1 cup, shredded** Carrots, raw
- 2 cups, chopped** Green and red cabbage

## DIRECTIONS

1. Shred carrots.
2. Chop cabbage.
3. Combine all ingredients and gently mix.
4. Serve.

Source: Pisanick Partners, LLC.