

Roasted Pineapple Napa Cabbage Salad



The Napa Cabbage Salad was adapted from an oriental salad with mandarin oranges and napa cabbage. Napa cabbage is a sweet and crunchy type of cabbage that is used in a lot of Asian cuisine as well as slaw recipes. It is a very low calorie, low fat food. It contains soluble and insoluble fiber which can aid in the lowering of LDL cholesterol. It is also an excellent source of folate and a good source of the antioxidant vitamin C. It has an adequate amount of vitamin K, which is good for bone health, and it contains many plant polyphenols that are known antioxidants. When we first made the salad, it seemed to be very similar to an already existing mandarin salad, and needed more depth of flavor. Therefore, we replaced the mandarin oranges with pineapple, and decided to roast the pineapple to give it some caramelization and more depth

of flavor. We also added mushrooms, edamame, and radishes. Then, for another layer of flavor we garnished with black sesame seeds, green onion, and cilantro. The cost of the salad is \$1.62, and the selling price is \$4.50/salad. Therefore, the percent food cost for this salad is 36%.

**CAFÉ SALAD ROASTED PINEAPPLE NAPA CABBAGE
YIELD: 1-10 OZ SERVING**

NAPA CABBAGE	2.5 OZ
RED CABBAGE	1 OZ
SPINACH	1.5 OZ
SNOW PEAS	1 OZ
RADISHES	1 OZ
ROASTED PINEAPPLE	1 OZ
BABY PORTABELLA MUSHROOMS	1 OZ
EDAMAME	1 OZ
GREEN ONION	1 TBSP
BLACK SESAME SEEDS	1 TSP
CILANTRO	.5 TBSP

1. PLACE THE SPINACH IN THE CENTER OF THE BOWL
2. PLACE THE NAPA CABBAGE IN THE CENTER OF THE SPINACH
3. PLACE THE RED CABBAGE IN THE CENTER OF THE NAPA CABBAGE
2. TOP WITH SNOW PEAS, RADISHES, ROASTED PINEAPPLE, BABY PORTABELLA MUSHROOMS, AND EDAMAME
3. DRIZZLE SESAME SOY DRESSING OVER THE TOP
4. GARNISH WITH GREEN ONION, BLACK SESAME SEEDS, AND CILANTRO

**NUTRITION FACTS PER SERVING:
CALORIES: FAT: NA:
COST PER SERVING**

**DRESSING SESAME SOY VINAIGRETTE
YIELD: 2 CUPS OR 16-1 OZ SERVINGS**

MINCED GINGER	.5 TSP
FRESH MINCED GARLIC	.5 TSP
CHILI PASTE SAMBEL	.5 TSP
RICE VINEGAR	10 TBSP
SOY SAUCE	6 TBSP
PINEAPPLE JUICE	4 OZ
SESAME OIL	2 TBSP
CORN STARCH	1 TBSP

1. COMBINE ALL INGREDIENTS IN A SAUCE PAN
2. BRING TO A BOIL IN SAUCE PAN UNTIL THICKENED
3. REFRIGERATE AND HOLD BELOW 40 F

NUTRITION FACTS PER SERVING:
CALORIES: 53, FAT: 1.78 GM 30%, NA: 180 MG
COST PER SERVING: