



## **Coleslaw Chicken Tacos**

*(yield 200 servings)*

### **Ingredients:**

#### **Chicken**

- 100 chicken breast *\*Get locally\**
- salt & pepper to taste

#### **Cabbage & Apple Slaw**

- 20 heads red cabbage, shredded *\*Get locally\**
- 20 heads green cabbage, shredded *\*Get locally\**
- 40 red delicious apples, julienne *\*Get locally\**
- 3 c. cider vinegar
- 5 red onion, julienne *\*Get locally\**
- 20 c. Craisins
- 1 ¼ c. sugar
- 9 c. sun flower oil *\*Get locally\**
- salt to taste

### **Instructions:**

#### **Chicken**

Season and grill. Slice into strips

#### **Cabbage & Apple Slaw**

Combine all ingredients. Toss to integrate. Place chicken and slaw inside a warm flour tortilla

### **Nutrition:**

Per serving: 261 calories; 5 g fat ( 1 g sat , 1 g mono ); 38 mg cholesterol; 31 g carbohydrates; 24 g protein;5 g fiber; 582 mg sodium; 272 mg potassium.



*For information on local sourcing for large volume buyers and Wisconsin producers...*



## Local Food Cooking Class for Institutions **Local Sources for Coleslaw Chicken Tacos**

### **Onions, whole or shredded cabbage, apples from Parrfection Produce**

David Parr, Owner  
304 E Main / Albany, WI 53502  
(608) 558-0471, dparr@tds.net  
Products: Conventional and organic produce  
Delivery: Madison, Debuque, Milwaukee area

### **Chicken from Ney's Big Sky**

Doug Ney, Owner  
510 Bayberry Ln / Slinger, WI 53086  
(414) 254-2664, neysbigsky@yahoo.com  
Products: Beef, chicken  
Delivery: Wisconsin and Illinois

### **Sunflower Oil from Neesvig's (they distribute Century Sun Oil from Pulaski, WI)**

Callie Pederson, Neesvig's Buy Local Specialist  
4350 Duraform Lane / PO Box 288 / Windsor, WI 53598  
(608) 846-1160 ext 134, cpederson@neesvigs.com  
Products: Local cheese, milk, ice cream, eggs, grass-fed beef and more  
Delivery: Wisconsin

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