



Pickled Vegetables

Sub recipe for Ginger Chicken Street Tacos

a recipe from Georgia School Nutrition Program

YIELDS: 8 tacos PREP TIME: 10 minutes, 3 hours to marinate

CATEGORY: Sub-recipe

Ingredients:

- 1 large carrot, peeled cut into matchsticks
- 2 cucumbers, peeled, de-seeded, cut into matchsticks
- 1 medium red onion, julienne
- ½ cup rice vinegar
- 1/8 cup sugar
- 1 tsp low sodium soy sauce
- 1 tsp sesame oil

Steps:

1. In a medium bowl, mix the vinegar, sugar, fish sauce, and sesame oil.
2. Place the vegetables in the bowl, mix it with the liquid.
3. Wrap the bowl with plastic wrap. Refrigerate for at least 3 hours or overnight. **(41° or below, CCP)**

TOOLS AND EQUIPMENT:

Measuring spoons, measuring cups, mixing bowls, whisk, cutting board, Chef's knife, plastic wrap

SERVING INFORMATION:

This is a garnish. Serving size to include a mix of all the vegetables, equal to about ½ oz. per taco.

NUTRITION INFORMATION

SERVING: 1 ¼ cups (for 8 tacos)

CALORIES: 32 kcals **CARBOHYDRATES:** 6 g

PROTEIN: <1g **FAT:** 1g **SATURATED FAT:** <1g

CHOLESTEROL: 0 mg **SODIUM:** 29 mg

FIBER: <1g **SUGAR:** 4 g

VITAMIN A: 1549 IU **VITAMIN C:** 3mg

CALCIUM: 13 mg **IRON:** <1mg