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