

Cajun Pepper Cabbage

| Vegetable | | | | | |
|---------------------|-------------|----------------|--------------|-----------------|---|
| Ingredients | 50 Servings | | 100 Servings | | Directions |
| | Weight | Measure | Weight | Measure | |
| Raw Cabbage | | 8 medium heads | 32 | 16 medium heads | 1. Preheat oven to 450 F. 2. Cut the cabbages in half and with cut-side down, slice as thinly as possible around the core, as though you were making coleslaw. Discard the core. |
| Jalapeno | | 6 Tbsp | | 12 Tbsp | |
| Green Bell peppers | | 2 5/8 cup | | 5 2/8 cup | |
| Onions | | 2 2/3 cup | | 5 1/3 cup | 3. Dice onions and roughly chop the bell pepper, and jalapenos. |
| Unsalted Butter | /2 | 16 Tbsp | | 32 Tbsp | |
| Dried oregano | | 1 tsp | | 2 tsp | 4. Cut butter into cubes and distribute evenly among roasting pans. 5. Spread cabbage, bell peppers, and onions as evenly as possible on roasting pans. Sprinkle each pan with 2 Tbsp of jalapenos, salt and pepper. Roast in oven for 30 minutes, tossing halfway through. CCP: Heat to 135° F or higher. CCP: Hold for hot service at 135° F or higher |
| Ground black pepper | | 2 tsp | | 4 tsp | |
| Salt | | 1 tsp | | 2 tsp | |

| Serving | Yield | Volume |
|---|-------------------------------|---|
| 1 cup of Cabbage (1 serving provides 1 cup of vegetables) | 50 Servings: 50 cups | 50 Servings: 3 roasting pans (18" x 26" x 3 1/8") |
| | 100 Servings: 100 cups | 100 Servings: 6 roasting pans (18" x 26" x 3 1/8") |

| Nutrients Per Serving | | | |
|-----------------------|--------|---------------|-----------|
| Calories | 64 | Saturated Fat | 1.60 g |
| Protein | 2.19 g | Cholesterol | 4.75 mg |
| Carbohydrate | 9.71 g | Vitamin A | 257.55 IU |
| Total Fat | 2.64 g | Vitamin C | 60.85 mg |
| | | Iron | 0.80 mg |
| | | Calcium | 64.08 mg |
| | | Sodium | 74.89 mg |
| | | Dietary Fiber | 3.97 g |