

Cajun Pepper Cabbage

Vegetable

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw Cabbage	16 lbs.	8 medium heads	32 lbs.	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. 3. Dice onions and roughly chop the bell pepper, and jalapenos.
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	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
Unsalted Butter	1/2 lb.	16 Tbsp	1 lb.	32 Tbsp	
Dried oregano		1 tsp		2 tsp	
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	Iron	0.80 mg
Protein	2.19 g	Cholesterol	4.75 mg	Calcium	64.08 mg
Carbohydrate	9.71 g	Vitamin A	257.55 IU	Sodium	74.89 mg
Total Fat	2.64 g	Vitamin C	60.85 mg	Dietary Fiber	3.97 g