

## Italian Wedding Soup w/ Barley Serves 6-8

*Chef Raquel graduated with highest honors from the culinary program at the Institute of Culinary Education after completing her externship at Le Bernardin in NYC. In 2009, Chef Raquel created **A Pinch of Salt, LLC** offering hands-on cooking instruction focusing on the preparation of healthy, gourmet, yet practical and inexpensive meals. Currently, Chef Raquel partners with The Council of Churches of Greater Bridgeport (CCGB) providing extensive cooking education at local food pantries and community meal programs. Chef Raquel also provides outreach and cooking education for the Bridgeport Farmers Market Collaborative at the 6 farmers markets. This builds on her previous commitment with Wellness in the Schools, a NYC based nonprofit focusing on providing public school students nutritious meals which are reinforced through cooking educating in the classrooms and gardening. Chef Raquel is passionate about educating youth groups, families, seniors and communities on the importance of healthy cooking, understanding nutritional information, stretching food dollars, utilizing farmers' markets and community gardens.*

### Ingredients:

1 pound of meatballs (recipe below)  
8 cups of low-sodium chicken broth or mixture of some broth and some water  
1 onion, minced  
3 carrots, small diced  
2 stalks of celery, thin half moons  
2 cloves of garlic, mashed  
1-15oz can of diced or crushed tomatoes  
1 pound of fresh escarole or fresh or frozen spinach, thawed  
¾ cup of barley  
¼ cup of grated parmesan cheese or pecorino, optional  
salt & pepper, as needed



### Meatballs:

16 ounces ground beef or ground turkey or ground chicken  
Fresh parsley, chopped or 1 Tbs. of dried oregano or Italian Seasoning  
1 large egg, whisked  
½ cup of bread crumbs or 1 slice of bread, torn into small pieces  
½ cup of grated parmesan or pecorino, optional  
1 tsp. salt and black pepper

### Directions:

1. Make meatballs: Preheat oven to 400 degrees. In a large bowl add meat of choice and remaining ingredients. Add 3 Tbs. of water and using your hands mix to combine. Try not to over mix. Shape the meat mixture into 1-inch-diameter (picture golf balls) meatballs. Place on a baking sheet and bake for 20 minutes or until mostly cooked through.
2. In a stock pot sauté onions, carrots and celery. Add in garlic, tomatoes, broth, greens, barley and cook for about 20 minutes until barley is cooked. Return meatballs to the pot. Cook for another 5-10 minutes.
3. Remove from heat, add cheese, adjust seasoning as needed and enjoy!

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# Simple Corn Chowder

## Add Flavor and Simplicity to Your Kitchen.

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### Simple Corn Chowder

Serves 6-8

#### **Ingredients:**

2 tbs. unsalted butter or olive oil  
1 medium onion, diced  
1 clove of garlic, minced  
2 russet or Idaho potatoes, scrubbed, peeled and diced  
1-10oz bag of frozen cauliflower, thawed or 1 head of fresh cauliflower  
Few springs of thyme or 1 Tbs. dried thyme  
Kernels of 6 ears of corn or 1-16oz bag of frozen sweet corn, reserve 1/2 cup of corn  
1 box of low sodium chicken or vegetable stock or broth or water  
Salt & pepper to taste



#### **Directions:**

1. In a large stock pot melt 2 tablespoons of butter or heat 2 tbs. of olive oil.
2. Add onion and cook until golden approximately 8 to 10 minutes over medium low heat. Add garlic and cook for 30 seconds.
3. Next add potatoes, corn, cauliflower, thyme and chicken or vegetarian stock/broth. If needed add enough water to just cover the vegetables. Cook until potatoes and cauliflower are tender, approximately 25-30 minutes.
4. Carefully pour soup in batches into a blender or use an immersion blender to purée the soup. If the soup is too thick, add a bit of water, milk or broth. Add reserved corn kernels to soup. Adjust seasoning with salt and pepper, serve and enjoy!

#### **Chef Notes:**

You can make this completely dairy free by replacing butter with olive oil and adding water or broth to loosen the consistency of the soup if necessary.

#### **Helpful hint:**

The cauliflower in the dish adds creaminess. Add cauliflower the next time you make mashed potatoes from scratch!

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# Sweet Potato & Kale Minestrone

Serves 4

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## **Ingredients:**

1 large yellow onion, minced  
3 carrots, cut into ½ inch half-moons  
2 stalks of celery, cut into thin ½ inch half-moons  
2 cloves of garlic, smashed  
fresh thyme sprigs or 1 tsp. dried thyme and/or 1 tsp. dried oregano  
1 bay leaf  
1 (26-ounce) can low-sodium diced tomatoes  
4 to 6 cups low-sodium chicken stock, chicken broth or water  
2 sweet potatoes, peeled and diced  
8 to 10 ounces kale, stemmed and washed  
1 (15-ounce) can cannellini beans, drained and rinsed  
2 cups small pasta, such as tubetti or elbow macaroni, already cooked  
Salt & pepper, to taste  
parmesan cheese, optional



## **Directions:**

1. Heat olive oil over medium heat in a large, heavy soup pot.
2. Add the onions, carrots, celery, garlic, thyme and bay leaf cook over medium heat, stirring occasionally, for 8 to 10 minutes, until the vegetables begin to soften.
3. Add the tomatoes, 6 cups of the chicken stock/broth or water, sweet potatoes and kale. Bring to a boil, then lower heat and simmer uncovered for 30-35 minutes, until the vegetables are tender.
4. Discard the bay leaf. Add the beans, pasta and cook for an additional 8-10 minutes. Season with salt and pepper and/or sprinkle with parmesan cheese.

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## **Collard Greens & Swiss Chard over Whole Wheat Pasta**

Serves 4-6 people



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### **Ingredients:**

Extra-virgin olive oil, as needed  
3-4 garlic cloves, thinly sliced or minced  
1 bunch collard greens, ribs removed, cut into wide ribbons  
1 bunch Swiss chard, trimmed and cut into ribbons  
1-15 oz. can of low-sodium white beans like cannellini, rinsed and drained  
Parmesan cheese, as needed  
Salt and pepper, to taste  
1 box of whole wheat pasta

### **Directions:**

1. In a deep pan heat oil add onions and cook until softened and translucent. Add garlic and cook for about 30 seconds.
2. Toss both greens and the stems of Swiss chard. Sprinkle with a pinch of salt and pepper.
3. Once the greens have softened, add tap water as needed to just cover the greens. Cook until greens have softened to your taste, about 15 minutes. Add in beans and cook for another 2 minutes. Adjust seasoning as needed.
4. Meanwhile, fill a large pot with cold water. Bring to a boil. Add 1 Tbs. of salt and return to a boil. Add in whole wheat pasta and cook according to package directions, approximately 11-13 minutes. When pasta is done, save about 1 cup of the pasta water and drain remaining liquid.
5. Add pasta to the greens and toss to combine. Add a bit of pasta water to help build a sauce. Sprinkle with parmesan cheese and enjoy!

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## Cauliflower Alfredo Sauce

Serves 4-6

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### **Ingredients:**

1 head of cauliflower, broken into florets  
1 cup or so of low-sodium chicken broth or water  
3 cloves garlic, smashed  
½ cup of 2% milk  
¼ cup grated Parmesan cheese  
3 tablespoon chopped fresh parsley or 1 tablespoon of dried Italian seasoning  
1 lemon zest  
1 box of fettuccine or spaghetti  
Salt and pepper, to taste

### **Directions:**

1. Place cauliflower, garlic and a pinch of salt in a pot and cover with cold water. Bring to a boil over medium-high heat and cook until tender, approximately 25-30 minutes. Set aside to cool.
2. Remove cauliflower and garlic from water. Reserve cooking liquid. Place cauliflower and garlic in a food processor or blender. Puree cauliflower, adding reserved cooking liquid to create a smooth, creamy sauce. Remove from blender or food processor. Season with salt and pepper and reserve.
3. Meanwhile, bring a large pot of water to a boil. Add 1 tablespoon of salt and add pasta. Cook until al dente according to package instructions. Drain pasta, but reserve about 1 cup pasta cooking water.
4. Heat cauliflower puree and milk and bring to a simmer. Cook until slightly thickened, 5 minutes. Stir in peas or broccoli if using and heat through for 2-3 minutes. Add the cooked pasta and about ¼ - ½ cup of pasta water. Mix well until all noodles are coated, but the sauce is still loose.
5. Remove from the heat. Add parmesan cheese, parsley and lemon zest. (If the sauce seems thick, add some of the remaining pasta water). Serve immediately and enjoy!



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## Coliflor Alfredo Salsa

Sirves 4-6

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### Ingredientes:

1 cabeza de coliflor, roto en floretes  
1 taza o menos de caldo de pollo bajo en sodio o agua  
3 dientes de ajo, roto  
½ taza de leche al 2%  
¼ taza de queso parmesano rallado  
3 cucharadas de perejil fresco picado o 1 cucharada de salsa italiana seca  
1 cáscara de limón  
1 caja de fettuccine o espagueti  
Sal y pimienta, para probar

### Direcciones:

1. Coloque la coliflor, el ajo y una pizca de sal en una olla y cubra con agua fría. Llevar a ebullición a fuego medio-alto y cocinar hasta que estén tiernos, aproximadamente 25-30 minutos. Dejar enfriar.
2. Retire la coliflor y el ajo del agua. Reserva el líquido de cocción. Coloque la coliflor y el ajo en un procesador de alimentos o licuadora. Puré la coliflor, agregando el líquido de cocina reservado para crear una salsa lisa, cremosa. Retire de la licuadora o procesador de alimentos. Sazone con sal y pimienta y reserve.
3. Mientras tanto, traer una olla grande de agua a ebullición. Agregue 1 cucharada de sal y agregue la pasta. Cocine hasta que al dente de acuerdo a las instrucciones del paquete. Escorra la pasta, pero reserve alrededor de 1 taza de pasta para cocinar agua.
4. Caliente el puré de coliflor y la leche y déjelo a fuego lento. Cocine hasta que esté ligeramente espesado, 5 minutos. Agregue los guisantes o el brócoli si está usando y caliente a través por 2-3 minutos. Agregue la pasta cocida y alrededor de ¼ - ½ taza de agua de la pasta. Mezclar bien hasta que todos los fideos estén recubiertos, pero la salsa todavía está suelta.
5. Retire del fuego. Agregue el queso parmesano, el perejil y la ralladura de limón. (Si la salsa parece gruesa, agregue algo del agua restante de la pasta). Servir de inmediato y disfrutar!



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## Asian-Inspired Vegetable “Fried” Rice Serves 4

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### **Ingredients:**

1 onion, minced  
1 red or green pepper, minced  
1 cup of kale or collard greens, ribs removed, cut into thin strips  
½ pound broccoli, trimmed and chopped, fresh or frozen, thawed  
2 carrots, cut into thin circles or grated  
1 cup of peas  
2-3 cloves garlic, minced or grated  
1 teaspoon ground ginger or fresh ginger, grated  
2 cups cooked brown rice, set aside  
1 tablespoon of reduced sodium soy sauce



### **Directions:**

1. Heat a large pan over medium-high heat. Lower heat and add 1 tablespoon of olive oil.
2. Add onions and peppers, cook until softened. Add kale and cook until slightly wilted.
3. Next add broccoli, carrots and peas. Cook for another 5-7 minutes until veggies are firm, but tender.
4. Add garlic and ginger and cook until fragrant, approximately 30 seconds.
5. Toss in brown rice and warm through. Season mindfully with soy sauce. Adjust flavoring as needed and serve warm!

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## **Greek Salad**

Serves 4-6 people

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### **Ingredients:**

2 large beefsteak tomatoes or 3 Romas, diced or 1 pint of cherry tomatoes halved  
1 hothouse cucumber or two regular cucumbers, seeded and diced into half moons  
½ small red onion, thinly sliced  
10-12 kalamata olives, roughly chopped  
4 oz. feta cheese crumbles  
1-2 tsp. dried oregano  
Good splash of Red wine vinegar  
Extra-virgin olive oil, as needed  
Salt & pepper, to taste

### **Directions:**

In a large bowl toss the tomatoes, cucumbers, onion and olives. Fold in the feta cheese.  
Dress with a splash or two of red wine vinegar and extra-virgin olive oil.  
Season with salt, pepper and marinate for at least 30 minutes before serving.

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## Melons Two Ways

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### Honeydew Agua Fresca

Serves 4

#### **Ingredients:**

1 or 2 honeydew melon or cantaloupes, peeled and diced (approximately 4 cups minimum)  
3 cups of water or more as needed  
Juice of 2-3 limes  
Honey, as needed, optional  
Ice, optional

#### **Directions:**

1. In a blender or food processor, puree melon until smooth. Add water as needed and blend to combine. Strain puree and press on solids with a rubber spatula so you extract all the juice.
2. In a pitcher add lime juice and then honeydew/cantaloupe juice. Mix well. If more sweetness is needed, add a bit of honey. Stir and serve cold or with ice!

### Cantaloupe and Cucumber Salsa

Serves 6

#### **Ingredients:**

1 cantaloupe, peeled, seeded and diced  
1 English cucumber, peeled and diced  
3 tbs. red onion, chopped  
Fresh mint or cilantro, chopped

#### **Directions:**

1. Combine cantaloupe, cucumber, onion, in a bowl and combine. Drizzle with olive oil, squeeze of lime and add fresh herbs. Toss well and season with salt and pepper and serve.



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## Melones Dos Maneras

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### Honeydew Agua Fresca

Sirve 4

#### Ingredientes:

1 ó 2 melón o cantalupos, pelados y cortados en cubitos (aproximadamente 4 tazas como mínimo)  
3 tazas de agua o más según sea necesario  
Zummo de 2-3 limas  
Miel, según sea necesario, opcional  
Hielo, opcional

#### Direcciones:

1. En una licuadora o procesador de alimentos, puré el melón hasta que quede suave. Agregue el agua según sea necesario y mezcle para combinar. Colar el puré y prensar en sólidos con una espátula de goma para que extraiga todo el jugo.
2. En una jarra, añada jugo de limón y luego jugo de melón / melón. Mezclar bien. Si se necesita más dulzura, agregue un poco de miel. Revolver y servir frío o con hielo!

### Salsa de Cantalupo y Pepino

Sirve 6

#### Ingredientes:

1 melón pelado, sembrado y cortado en cubitos  
1 pepino inglés, pelado y cortado en cubitos  
3 cucharadas Cebolla roja, picado  
Menta fresca o cilantro, picado

#### Direcciones:

1. Combine el melón, el pepino, la cebolla, en un tazón y combine. Rocíe con aceite de oliva, apriete de lima y agregue hierbas frescas. Mezcle bien y sazone con sal y pimienta y sirva.



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## Kale Pesto Quinoa Salad (Gluten & Nut Free) Serves 4

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### **Ingredients:**

1 cup of Quinoa  
1 cup of frozen kale, thawed  
1 bunch of flat leaf parsley  
4 garlic cloves  
Olive oil  
3 Tablespoons of grated Parmesan cheese  
1 cup of broccoli or 6oz of sugar snap peas  
1 cup of cherry or grape tomatoes, halved  
Salt and pepper, to taste  
Lemon, optional



Serve with: Roasted Shrimp

### **Directions:**

1. Cook quinoa according to package instructions and set aside to cool. Quinoa can be made a day ahead and refrigerated.
2. **Make Pesto:** In a food processor or blender add kale, parsley, garlic. While motor is running drizzle in olive oil until a smooth paste is achieved. Place pesto in a bowl and add cheese. Set aside.
3. Bring water to boil in a pot. Add 1 tbs. of salt and return to a boil. Add broccoli and/or sugar snap peas and blanch for 1-3 minutes until. Remove from water and run under cold water to stop the cooking. Drain and set aside.
4. **Assemble:** In a large bowl add cooked quinoa, tomatoes, and broccoli and/or sugar snap peas. Add in enough pesto to dress. Add some lemon zest, if using. Adjust seasoning with salt and pepper and serve at room temperature.

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## Autumn Brussel Sprouts & Cabbage Slaw

Serves 6-8

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### **Ingredients:**

1 head of cabbage, thinly sliced, red or green cabbage  
1 pound of Brussel sprouts, washed and thinly sliced  
2 carrots, peeled and grated  
1 or 2 red apples, thinly sliced into half moons  
Raisins, golden or regular  
Salt & pepper, to taste

### **For vinaigrette:**

1 Tbs. honey mustard or yellow mustard  
¼ cup apple cider vinegar  
½ cup olive oil  
2 Tbs. honey or maple syrup, to taste

### **Directions:**

1. In a large bowl add cabbage and Brussel sprouts. Season with salt and set aside to wilt for approximately 15 minutes.
2. Meanwhile make vinaigrette: In a small bowl add mustard, vinegar, and olive oil and whisk. Season with salt and pepper and add honey to lightly sweeten. Set Aside.
3. When cabbage mixture has softened drain any excess water in a colander. Return cabbage mixture to bowl, add carrots, apples, raisins and dressing. Allow to marinate for at least 30 minutes. Adjust seasoning as necessary with salt and pepper. Serve and enjoy!



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## Coles de Bruselas de Otoño y Repollo de Col

Sirves 6-8

*Chef Raquel se graduó con honores en el programa culinario en el Instituto de Educación Culinaria después de terminar su pasantía en Le Bernardin en Nueva York. En 2009, el chef Raquel creó **A Pinch of Salt, LLC** ofrece instrucción práctica de cocción se centra en la preparación de sana, alta cocina, sin embargo, las comidas prácticos y de bajo costo. Actualmente, el Chef Raquel se asocia con The Council of Churches of Greater Bridgeport (CCGB) para proveer CREATE Culinario entrenamiento una programa desarrollando y instruido por Chef Raquel. También proporciona la red de CCGB de despensas de alimentos y programas de comidas comunitarias de educación de cocina extensa. Chef Raquel también ofrece educación de extensión y cocina para el Bridgeport Farmers Market Collaborative, FreshConnections y Hall Neighborhood House. Esto se basa en su compromiso con la iniciativa Let's Move de la Sra. Obama y su experiencia con Wellness in the Schools, una organización sin fines de lucro con sede en Nueva York que se enfoca en proveer a los estudiantes de escuelas públicas comidas nutritivas que se refuerzan a través de la cocina educando en las aulas y jardinería. El Chef Raquel es un apasionado de educar a grupos juveniles, familias, personas mayores y comunidades sobre la importancia de cocinar sano, entender la información nutricional, estirar los dólares de los alimentos, utilizar los mercados de los agricultores y jardines comunitarios y hacer que la alimentación sea un estilo de vida saludable.*

### Ingredientes:

1 cabeza de col, rodajas finas, col roja o verde  
1 libra de coles de Bruselas, lavadas y cortadas en rodajas finas  
2 zanahorias, ralladas  
1 o 2 manzanas rojas, cortadas en medio lunas  
Pasas, doradas o regulares  
Sal y pimienta, al gusto

### Para la vinagreta:

1 cucharada mostaza de miel o mostaza amarilla  
¼ de taza de vinagre de manzana  
½ taza de aceite de oliva  
2 cucharadas miel o jarabe de arce, al gusto

### Direcciones:

1. En un tazón grande, añada el repollo y las coles de Bruselas. Sazonar con sal y dejar a un lado para marchitar durante aproximadamente 15 minutos.
2. Mientras tanto hacer la vinagreta: En un tazón pequeño agregar mostaza, vinagre y aceite de oliva y batir. Sazone con sal y pimienta y agregue miel para endulzar ligeramente. Dejar de lado.
3. Cuando la mezcla de repollo haya suavizado, escurra el exceso de agua en un colador. Regresar la mezcla de col al tazón, agregar las zanahorias, las manzanas, las pasas y el aderezo. Dejar marinar durante al menos 30 minutos. Ajuste el condimento según sea necesario con sal y pimienta. ¡Servir y disfrutar!



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## Beets & Peas, Potato Salad

Serves 6-8 people

*Chef Raquel graduated with highest honors from the culinary program at the Institute of Culinary Education after completing her externship at Le Bernardin in NYC. In 2009, Chef Raquel created **A Pinch of Salt, LLC** offering hands-on cooking instruction focusing on the preparation of healthy, gourmet, yet practical and inexpensive meals. Currently, Chef Raquel partners with The Council of Churches of Greater Bridgeport (CCGB) developing and executing an intensive culinary training program for inspiring food entrepreneurs. She also provides CCGB's network of food pantries and community meals programs extensive cooking education. Chef Raquel also provides outreach and cooking education for the Bridgeport Farmers Market Collaborative, FreshConnections and Hall Neighborhood House. This builds on her commitment to Mrs. Obama's Let's Move initiative and her experience with Wellness in the Schools, a NYC based nonprofit focusing on providing public school students nutritious meals which are reinforced through cooking educating in the classrooms and gardening. Chef Raquel is passionate about educating youth groups, families, seniors and communities on the importance of healthy cooking, understanding nutritional information, stretching food dollars, utilizing farmers' markets and community gardens and making eating healthy a lifestyle.*

### **Ingredients:**

3 or 4 beets, washed and trimmed  
3/4 -1 pound of potatoes, peeled and cut into medium dice  
2-3 eggs, shell on  
½ cup of frozen green peas, thawed

### **For herb vinaigrette:**

1 bunch of fresh flat-leaf parsley or basil  
2 or 3 cloves of garlic  
Olive oil, as needed  
Salt & pepper, as needed



### **Directions:**

1. In a large pot boil beets until fork tender. Approximately 35-45 minutes. Drain water and set beets aside to cool.
2. Refill pot with cold water. Add potatoes and gently lay eggs on top. Bring to a boil. Remove eggs and place in a bowl, cover and allow to steam for 10 minute. When potatoes are fork tender drain water and return potatoes back to pot. Place the cover on to remove excess water/allow steaming for 5 minutes then uncover.
3. Once cool enough to handle, peel the eggs and chop them into large chunks. Set aside. Peel the beets and cut into large chunks similar to the potatoes. Set aside.
4. **Make vinaigrette:** In a blender add parsley, garlic and olive oil until you get a thick, but spoonable dressing. Season with salt and pepper.
5. In a large bowl add potatoes, peas, beets, eggs and eggs. Dress with vinaigrette and carefully toss. Adjust seasoning with salt and pepper as needed and enjoy!

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## Homemade Apple Cranberry “Sauce”

Serves 4

*Chef Raquel graduated with highest honors from the culinary program at the Institute of Culinary Education after completing her externship at Le Bernardin in NYC. In 2009, Chef Raquel created **A Pinch of Salt, LLC** offering hands-on cooking instruction focusing on the preparation of healthy, gourmet, yet practical and inexpensive meals. Currently, Chef Raquel partners with The Council of Churches of Greater Bridgeport (CCGB) providing extensive cooking education at local food pantries and community meal programs. Chef Raquel also provides outreach and cooking education for the Bridgeport Farmers Market Collaborative at the 6 farmers markets. This builds on her previous commitment with Wellness in the Schools, a NYC based nonprofit focusing on providing public school students nutritious meals which are reinforced through cooking educating in the classrooms and gardening. Chef Raquel is passionate about educating youth groups, families, seniors and communities on the importance of healthy cooking, understanding nutritional information, stretching food dollars, utilizing farmers’ markets and community gardens.*

### **Ingredients:**

1-12oz bag of fresh cranberries (i.e. Oceanspray)  
1 ½ cups of sugar, estimated can use less depending on tartness  
2 whole Cinnamon sticks or 1 TBS. of ground cinnamon  
Pinch of salt  
1 large orange, peeled skin reserved and juiced  
2 red apple, cored and cut into chunks  
¼ cup Golden or regular raisins, optional

### **Directions:**

1. In a saucepan add cranberries, sugar, cinnamon sticks, salt and 1 cup of water in a saucepan over low heat until the skins pop open, approximately 8-10 minutes.
2. Add orange peel, orange juice, apples and raisins. Cook for 15 minutes. Remove from the heat and cool. The mixture will continue to thicken as it cools. Cover and refrigerate until ready to use, this will keep for 2-3 days.

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