



## Autumn Brussel Sprouts & Cabbage Slaw

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) to provide CREATE Culinary Training Program where she develops and teaches an intensive culinary curriculum 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:**

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!

**Chef Raquel Rivera-Pablo**  
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