

Brussel Sprout & Apple Slaw with Wheat Berries in Toasted Sesame Vinaigrette

The under utilized and under appreciated raw brussel sprout is the canvas for this bitter, sweet and tangy slaw. The thinly sliced brussel sprout, the small diced apple, the chewy wheat berry is decked out in one of my favorite and oft used dressings.

BRUSSEL SPROUT & APPLE SLAW with WHEAT BERRIES in TOASTED SESAME BROWN RICE VINAIGRETTE

INGREDIENTS:

- 1 cup brussel sprouts, sliced very thin (about 5 medium/large brussel sprout)
- 1 apple, small dice (I used fuji, but you can use anything)
- 1/2 cup wheat berries, cooked (you can use short grain brown rice for gluten free)
- 1/4 cup Toasted Sesame Brown Rice Vinaigrette

PROCEDURE:

1. Combine all ingredients together, cover with dressing

TOASTED SESAME & BROWN RICE VINAIGRETTE

INGREDIENTS:

- 2 tsp. yellow mustard
- 2 Tbsp. Brown Rice Vinegar
- Juice of 1/2 lemon
- 2 Tbsp. Toasted Sesame Oil
- 1 Tbsp. Extra Virgin Olive Oil
- pinch of salt
- drop agave nectar

PROCEDURE:

1. Add mustard to a small bowl. Add vinegar and lemon juice.
2. While whisking ingredients together, add oil in a slow and steady stream until combined.
3. Add salt and agave. Whisk until combined.

Shana Robinson is a natural foods chef who lives and works in New York City and the surrounding boroughs. She received her training at the highly acclaimed Natural Gourmet Institute, which also graduated health supportive chefs like Tal Ronnen, Alexandra Jamieson and Bethenny Frankel. She's an avid cook and vegan cupcake baker. You can follow her on twitter @ChefShanaRachel and get more healthy recipes and tips at <http://Knifestylesofthefitandfabulous.blogspot.com>.

