



Brussels Sprouts Fennel Carrot Salad – by Chef John Fisher, Renton Technical College – Culinary Art

Ingredients	24 Servings	Directions
Brussels Sprouts §, cored and sliced thin	8 cups (approx 2 lbs)	1. Make dressing: In a bowl, mix with a whisk all ingredients, except vanilla sugar, salt and pepper. 2. Make salad: In a large bowl, toss all ingredients with dressing and Vanilla sugar together. Add salt and pepper to taste.
<i>Alternate for Brussels Sprouts:</i>		
Cabbage, green, fresh §, cored and sliced thin	8 cups (approx 2 ½ lbs cabbage, tight/dense and 2 bunches kale)	❖ Serve 1 cup (one 8 oz portion server or two No.8 scoops) per student
Kale, fresh §, stemmed and sliced thin		
Fennel, bulb, fresh §, sliced thin	2 cups (2 bulbs)	<u>Option: Wrap Sandwich</u> (serve 1 wrap per student)
Carrots, fresh §, peeled and julienned	2 cups (4 ea, medium)	i. Place a tortilla on a cutting board.
Tomatoes, grape or cherry, fresh §, halved	1 cup	ii. Place 1 cup (two No.8 scoops or one 8 oz portion server, do not overfill) of salad horizontally in front of you, slightly below the center of the tortilla.
Grapes, green, fresh §	1 cup (approx ½ lb)	iii. With the sides folded in, use your thumbs to bring up the bottom of the tortilla. Tuck in the ends while bringing up the bottom flap.
Onions, red, fresh §, julienned	1 cup (approx ½ ea)	iv. Bring up the bottom of the tortilla and pull it tightly.
Dressing:		v. Roll up the tortilla as tightly as you can, squeezing the roll back towards you as you go.
Olive oil	2 oz	vi. Press and create the end of the tortilla as you finish rolling it up.
Rice vinegar	2 oz	
Honey §	2 oz	
Vanilla sugar (sugar w/ vanilla bean in closed tight container for 2 days or more)	1 oz	
Salt & Pepper	to taste	

§WA product available when in season

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Tips & Variations:

- Choose firm, compact, bright green **Brussels sprouts**, and firm, unblemished **fennel bulbs** with bright green leaves.
- Refrigerate **Brussels sprouts** in plastic bag up to one week, and **fennel** up to five days.
- When Brussels sprouts are not in season, substitute them with green cabbage with some kale.

Child Nutrition Program Food Components:

✓ ½ cup vegetable (⅛ cup red/orange vegetable)

☞ **Brussels sprouts** are high in *Vitamin C* and a good source of *fiber* and *folate*.

☞ **Fennel**, also called “sweet anise”, has a delicate licorice flavor. **Fennel** is a good source of *Vitamin C*, *potassium* and *fiber*.



notes