



Weekend Passport:

Escabeche de Repollo

Ready to Travel the World? Today we are traveling to Guatemala.

Guatemala is in Central America. Guatemala is south of Mexico and north of Belize. Can you find it on a map? The country of Guatemala has volcanoes, rainforests, and flowing rivers. People in Guatemala are typically of Mayan and/or Spanish descent. Guatemalan farmers grow many fruits and vegetables along with coffee beans, cacao (chocolate), and spices.

Guatemalan food is very different than what you may be used to eating every day. Many foods in Guatemala are wrapped in leaves, like tamales which are wrapped in corn husks. Escabeche de Repollo is a Guatemalan-style cabbage slaw. Cabbage is a type of cruciferous vegetables rich in vitamins, minerals and good-for-you phytonutrients. Cabbage is also rich in fiber and low in calories. Fiber helps is feel full faster and promotes digestive health. This delicious recipe uses serrano pepper which can be spicy! If you want something less spicy, you can substitute jalapeno. The flavor in color in this recipe comes from the thyme, bay leaf, peppers, and onions. Each color of plant foods represents a different family of phytonutrients, try choosing a variety of deep colored plant foods to obtain more health benefits. Unlike cold cabbage slaw, this cabbage slaw is cooked. Give it a try and make it with your family! What other Guatemalan dishes would you make with this recipe?

Try the Recipe!

Escabeche de Repollo

<https://bit.ly/2zzerH3>

Make the recipe yourself and be sure to share your picture on Facebook, Instagram, or Twitter. Tag @chefsantonio and we just might share your photo!

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