

Pumpkin- Brussels Sprouts Hash

Food Item:	Amount:	Notes:
Pie Pumpkins	1 each about 1 lb.	peeled, diced ½ inch
Brussels Sprouts	½ pound	trimmed and quartered
Onion	1 medium	diced ½ inch
Fresh ginger	1 Tablespoon grated	
Sea salt	1 Tablespoon	
Fresh pepper	1 teaspoon	
Olive oil	2-3 Tablespoons	

Procedure:

In a large skillet on medium heat add the oil and being to saute the onions first for about 3 minutes. Add the pumpkin next and continue to saute for about 8 minutes. Then add the brussels sprouts and continue to saute for about 10 minutes. Add the ginger, salt and pepper. Continue to saute for about 5 minutes more. Top with candied nuts if desired. Also nice to add caramelized apples or citrus segments.

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Café Avalaun is northeast Ohio's first 100% gluten free bakery, café, and crêperie. We're nestled in Cleveland's southeast suburbs and our focus is on simple preparation from fresh, locally sourced ingredients. Our mission is to be greater Cleveland's leader in gluten free, all natural, artistically prepared food. Café Avalaun promotes a green environment and is committed to the betterment of Cleveland's unique history and people.