



Find the ROOTS' SALAD UP cart near Gate #34 at Target Field during Minnesota Twins Sunday home games July-September.

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MN SUNSHINE SALAD BY URBAN ROOTS YOUTH

AN ASIAN AND EAST AFRICAN FUSION.



An all-star team of Urban Roots youth, including **Kajia, Chemeng, Rachada, Christopher, Makai and Asha** created a fusion of Asian and East African cultures to represent their combined heritages. Visually, it's a colorful salad, but when the dressing hits the mix, it's like a burst of sun brightened your bowl. We got a grin when Chemeng said "I never eat salads, but I could eat this all day long." Thanks!! to **Chef Coach Ann** who helped make the sun shine.

SEEDING YOUTH SUCCESS

FUTURE – AND – CAREER PLANNING



ROOTS' youth use food to grow new skills, new ideas and new paths to the future and career they dream about.



MN SUNSHINE

WITH SPICY ORANGE-COCONUT DRESSING



RECIPE BY URBAN ROOTS YOUTH
CHEF COACH: ANN AHMED,
LAT 14 & LEMONGRASS THAI

Makes 8 (1-cup) servings

SALAD INGREDIENTS

7 ounces (~2 cups) uncooked wide rice
noodles
1½ cups chopped carrot
1 medium red bell pepper, cut into match-
sticks
1 cup chopped bok choy
1 cup chopped cucumber
½ cup chopped green onion
½ cup edamame, fresh or frozen (thawed)

8 cups mixed salad greens

DRESSING INGREDIENTS

½ cup orange juice
½ cup unsweetened coconut milk
1 Tbsp. honey
1 Tbsp. fresh lime juice
1 Tbsp. spicy chili crisp or chili garlic sauce
2 tsp. fish sauce
1 tsp. ground turmeric
1 tsp. grated orange peel
Salt to taste

TOPPERS

Toasted unsweetened coconut flakes or
toasted sesame seeds
Torn fresh cilantro leaves
2 Tbsp. chia seeds

DIRECTIONS

1. Cook rice noodles according to package directions. Drain, rinse well with cool water.
 2. Meanwhile, in a large bowl, mix all the salad ingredients, except salad greens. Toss in drained noodles.
 3. To make the dressing, process all dressing ingredients in a blender until very smooth.
 4. Stir half the dressing into the vegetable-noodle mixture; toss to coat. Arrange salad greens on plates. Spoon salad mixture on top; drizzle with remaining dressing and garnish with toasted coconut flakes and cilantro.
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