



RAINBOW HEAT WAVE BY GREEN GARDEN BAKERY YOUTH

LEARNING TO COOK WITHOUT BORDERS.

Lammi, Maimoona and **Aliya** created their salad concept based on a family favorite Ethiopian chicken and rice dish. Berbere is a hot spice made up of coriander, cumin, cardamom, red chili peppers, cinnamon, ginger, cloves and more and a central ingredient to Ethiopian cuisine. **Chef Coach Sameh** encouraged the youth to stretch their “cooking without borders” muscles and share their native flavors. The young chefs did and delivered a delicious, fun, surprising and exciting salad mix.



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

 [ROOTSFORTHEHOMETEAM.ORG](https://www.rootsforthehometeam.org)

 [@rootsforthehometeam](https://www.facebook.com/rootsforthehometeam)

 [@roots4hometeam](https://twitter.com/roots4hometeam)

 [rootsforthehometeam](https://www.instagram.com/rootsforthehometeam)



SEEDING YOUTH SUCCESS

**SPARKING
COURAGE
— AND —
PASSION**



“I’m learning to do more things, which makes me think more comprehensively and less apprehensively.” — Alfredo

RAINBOW HEAT WAVE

WITH CREAMY BERBERE DRESSING



RECIPE BY GREEN GARDEN BAKERY YOUTH
CHEF COACH: SAMEH WADI, WORLD STREET KITCHEN,
MILKJAM CREAMERY & GRAND CATCH

Makes 8 (1-cup) servings

SALAD INGREDIENTS

- 1 cup uncooked farro
- 1 (15-ounce) can chickpeas, rinsed, drained
- 1 cup chopped cucumber
- 1 cup chopped red and/or green bell pepper
- 1 cup cherry tomatoes, halved
- 1 cup mild banana pepper rings (jarred)
- ½ cup chopped fresh Italian parsley

8 cups shredded romaine hearts and red leaf lettuce

DIRECTIONS

1. Cook farro according to package directions. Let cool.
2. Meanwhile, in a large bowl, mix all the salad ingredients, except salad greens.
3. To make the dressing, process all dressing ingredients in a food processor or blender until smooth. Salt to taste.
4. Stir half the dressing into the salad mixture; toss to coat well. Arrange salad greens on plates. Spoon salad mixture on top of mixed greens. Drizzle with remaining dressing. Garnish with puffed rice and cilantro.

Adding seasoned chicken: Rub 4 boneless, skinless chicken breasts with 2 Tbsp. vegetable oil and 1 Tbsp. berbere seasoning. Refrigerate for 6 hours or overnight. Place chicken on parchment-lined baking tray. Bake at 375°F for 15 to 20 minutes or until no longer pink in center. Let cool; chop and add to salad.

DRESSING INGREDIENTS

- ½ cup plain yogurt
- ¼ cup lime juice
- ¼ cup vegetable oil
- 1 Tbsp. pomegranate molasses
- 1 tsp. banana pepper brine (from jar)
- 1 – 1 ½ tsp. dried berbere spice blend
- ½ tsp. dried Italian seasoning
- ½ tsp. paprika
- ½ tsp. salt or to taste

TOPPERS

- Puffed Rice (find in cereal aisle)
- ½ cup chopped fresh cilantro

