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**STRAWBERRY MILANESE DELIGHT  
BY PILLSBURY UNITED WAITE HOUSE YOUTH**

# LATIN AMERICAN ROOTS & SUMMER FAVORITES.

It's a rookie season with Roots for the Home Team for **Abigail, Jonathan, Yohany and Lala** from Waite House and a big ask right out of the chute to jump in and create a salad. But, they made the magic happen with **Chef Coach Bertrand**, leaning on their Latin American roots and some of their favorite summer flavors. Spicy, sweet, creamy, crunchy and crisp – they got 'er done. They have our vote for "Rookie(s) of the Year."

**SEEDING YOUTH SUCCESS**

**ONLY ~20%  
– OF PEOPLE –  
PURSUE  
JOBS THEIR YOUNGER  
SELVES DREAMED ABOUT**



*"If someone cares about our dreams, we want to learn how to pursue them." – Sai*

# STRAWBERRY MILANESE DELIGHT



RECIPE BY PILLSBURY UNITED WAITE HOUSE YOUTH  
CHEF COACH: CHEF BERTRAND WEBER,  
MPS CULINARY & WELLNESS SERVICES

Makes 8 (1-cup) servings

## SALAD INGREDIENTS

- 1 cup uncooked brown rice
- ½ cup dried cranberries
- 1 ½ cups matchstick carrots
- 1 ½ cups chopped strawberries
- 1 cup canned hominy, rinsed, drained
- 1 cup chopped green beans (raw or blanched)
- 8 cups torn red leaf or mixed salad greens

## CHICKEN

- 1 lb. chicken tenders
- 2 cups panko breadcrumbs
- 2 cups all-purpose flour
- 2 eggs

## DRESSING INGREDIENTS

- 1 medium-sized ripe avocado, peeled, pitted
- ½ cup fresh cilantro leaves
- ¾ cup water
- ¼ cup fresh lime juice
- ¼ cup chopped onion
- 1 clove garlic
- 1 large jalapeño chile, seeded if desired
- 1 ½ tsp. ground coriander
- 1 tsp salt
- ½ tsp black pepper

## TOPPERS

- Thinly sliced jalapeño chile
- ¾ cup crumbled or shredded queso fresco

## DIRECTIONS

1. Cook rice according to package directions. Add cranberries to cooked rice; cool.
2. Heat oven to 400°F. Spread breadcrumbs evenly on rimmed baking sheet. Bake for 8 to 10 minutes or until golden brown. Stir frequently to prevent burning.
3. Meanwhile, place flour in medium sized bowl. Beat eggs, salt, and pepper together in a smaller bowl.
4. Dredge each chicken tender in flour. Dip into egg mixture; place on tray with toasted breadcrumbs. Toss chicken to completely coat with crumbs. Place breaded tenders on a separate rimmed baking sheet.
5. Bake at 400°F for about 10 minutes or until the chicken is no longer pink in center. Cut tenders into strips.
6. Meanwhile, toss rice mixture, carrot, strawberries, hominy, and beans together in large bowl.
7. To make the dressing, combine all ingredients in blender; process until smooth. Thin with additional water if desired.
8. Stir half the dressing into the salad mixture until well coated. Arrange salad greens on plates. Top with salad mixture and chicken. Drizzle with remaining dressing and garnish with jalapeños and cheese.