

# LEGACY SALAD

## KOREAN CHILI MANGO VINAIGRETTE



**ROOTS FOR THE HOME TEAM YOUTH ADVISORY COUNCIL**  
**CHEF COACH: YIA VANG,**  
**VINAI AND UNION HMGONG KITCHEN**

Makes 8 (1-cup) servings

### **SALAD INGREDIENTS**

2 cups rice wine vinegar  
¼ cup granulated sugar  
1 Tbsp kosher salt  
1 cup matchstick carrots  
1 cup chopped red bell pepper  
½ cup thinly sliced red onion  
¼ cup jalapeño, seeded, thinly sliced  
1 cup uncooked brown rice  
1 cup frozen shelled edamame, thawed  
1 cup chopped sugar snap peas  
1 cup chopped bok choy (both greens and stalks)

8 cups mixed salad greens



### **DRESSING INGREDIENTS**

1 cup frozen mango chunks, thawed  
¼ cup fresh lime juice  
2 Tbsp rice wine vinegar  
1 Tbsp Korean chili pepper flakes  
2 cloves garlic, finely chopped (1 tsp)  
1 small shallot, chopped  
2 tsp fish sauce  
1 tsp honey  
¼ cup vegetable or canola oil  
Coarse salt to taste

### **TOPPERS**

Chopped fresh cilantro  
Roasted, salted chickpeas (packaged)

### **DIRECTIONS**

1. To make the salad, mix 2 cups vinegar, sugar, and salt in a large bowl. Stir until sugar and salt are dissolved.
2. Add carrots, bell pepper, onion, and chile; mix well. Refrigerate for at least 1 hour to pickle the vegetables. Drain.
3. Meanwhile, cook brown rice according to package directions. Let cool.
4. In a large bowl, mix the rice with the drained pickled vegetables, edamame, sugar snap peas, and bok choy.
5. To make dressing, place mango, lime juice, vinegar, pepper flakes, garlic, shallot, fish sauce, and honey in blender. Process until smooth. With the blender running, slowly pour in oil, processing until thick and smooth. Season with salt.
6. Stir half the dressing into the salad mixture; toss to coat well.
7. Arrange salad greens on plates. Spoon salad mixture on top. Garnish with cilantro and roasted chickpeas.





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

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**LEGACY BY ROOTS FOR THE HOME TEAM  
YOUTH ADVISORY COUNCIL**

# SALAD SALUTE.

**Zarea, Michael, Alfredo, Kajia, Carl** and **Sesay** are Roots' alumni and the founding members of Roots' new Youth Advisory Council (YAC). They teamed up with James Beard nominee **Chef Yia Vang** to make this sentimental salad, which offers a tip of the hat to Roots founder Sue Moores for the influence she has had on them. The salad also expresses memories of their rich experiences in Roots, ones that offered new opportunities, new skills and personal growth they have carried forward to YAC. The bed of greens represents the foundation and support Sue provides so youth can feel empowered in their lives. The salad mix and dressing incorporate favorite components from previous salad dishes.

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**SPARKING  
COURAGE  
— AND —  
PASSION**



*"I'm learning to do more things, which makes me think more comprehensively and less apprehensively." — Alfredo*