

# TRUE COLORS SALAD

## CUCUMBER RANCH DRESSING

PUC



PILLSBURY UNITED COMMUNITIES



RECIPE BY PILLSBURY UNITED WAITE HOUSE YOUTH  
CHEF COACH: NETTIE COLÓN,  
RED HEN GASTROLAB

Makes 8 (1-cup) servings

### SALAD INGREDIENTS

- 1 cup whole kernel corn, sliced from cob or frozen and thawed
- ½ cup chopped poblano chiles
- 2 tsp vegetable oil
- Salt and pepper to taste
- 1 cup uncooked red quinoa
- 1 cup chopped zucchini
- 1 cup chopped red bell pepper
- 1 cup chopped purple cabbage
- 1 cup chopped carrots

8 cups mixed salad greens

### DIRECTIONS

1. Heat oven to 400°F. Toss corn and chiles with oil, salt, and pepper. Spread on parchment-lined baking sheet. Roast 20 to 25 minutes, stirring occasionally, until lightly browned. Cool.
2. Meanwhile, cook red quinoa according to package directions. Let cool.
3. In a large bowl, mix the quinoa, roasted vegetables, and other salad ingredients (except the mixed greens).
4. To make dressing, place dressing ingredients in a blender; process until smooth. Season with salt.
5. Stir half the dressing into the salad mixture; toss to coat. Arrange salad greens on plates. Spoon salad mixture on top; drizzle with remaining dressing and garnish with cilantro and tortilla chips.

### DRESSING INGREDIENTS

- 1 cup plain Greek yogurt
- 1 cup peeled, seeded, and chopped cucumber
- 3 Tbsp orange juice
- 2 Tbsp ranch seasoning powder
- 2 Tbsp fresh lime juice
- 2 Tbsp chopped jalapeño chile
- Coarse salt to taste

### TOPPERS

- ½ cup chopped fresh cilantro
- ½ cup blue corn tortilla chips, coarsely broken





TRUE COLORS BY PILLSBURY UNITED WAITE HOUSE YOUTH

# SHINE TOGETHER.

**Chef Nettie Colón** shared with the youth that food can tell the story of where we came from and who we are. **Keilyn, Maireni-Daniel, Yarely, Lala, Zoe, Estefany, Vanessa, Jonathan** and **Mochny** embraced that message and together with Chef Nettie designed a salad that symbolizes how they have grown individually and as a group. Each ingredient in the salad (like each team member) can stand and shine on its own, but when they all come together as one (as these youth have), the result is incredible. The multiple colors of the salad represent individuality, being comfortable with and true to who you are. This team says “share your true colors so people can appreciate you for you.”

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

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