

ZEST FEST SALAD

LEMON-LIME DRESSING



RECIPE BY APPETITE FOR CHANGE YOUTH
CHEF COACH: LACHELLE CUNNINGHAM,
HEALTHY ROOTS INSTITUTE AND CHELLE'S KITCHEN

Makes 8 (1-cup) servings

SALAD INGREDIENTS

1 cup uncooked sorghum
1 cup yellow cherry tomatoes, halved
1 cup chopped yellow bell pepper
1 cup chopped cucumber
1 cup chopped Granny Smith apple
½ cup chopped sugar snap peas
½ cup thinly sliced celery

8 cups mixed salad greens

TOPPER

Purchased Honey Roasted Nuts or
Candied Nuts and Seeds (see below)

DRESSING INGREDIENTS

1 cup canned crushed pineapple
in juice, undrained
¼ cup lime juice
¼ cup lemon juice
2 Tbsp grated ginger
1 to 2 Tbsp chopped jalapeño chile
(depending on desired heat level)
1 tsp Dijon mustard
1 tsp lemon zest
1 tsp lime zest
½ tsp cayenne pepper
Coarse salt to taste
½ cup vegetable oil

DIRECTIONS

1. Cook sorghum according to package directions. Let cool.
2. Meanwhile, mix remaining salad ingredients (except the greens) in a large bowl. Add cooked sorghum once cooled.
3. To make dressing, place all dressing ingredients in a blender; process until smooth. With the blender running, slowly pour in oil, processing until thick and smooth.
4. Stir half the dressing into the salad mixture; toss to coat well. Arrange salad greens on plates. Spoon salad mixture on top; drizzle with remaining dressing and garnish with candied nuts.

CANDIED NUTS AND SEEDS:

Heat oven to 400°F. Mix 1 cup broken walnuts, 1 cup raw pumpkin seeds (pepitas), ¼ cup maple syrup, 2 tsp coarse salt, ½ tsp lime zest, ½ tsp lemon zest, and ½ tsp red chile flakes; stir to coat well. Spread evenly on a parchment-lined baking sheet; roast 5 to 7 minutes or until crisp (watch carefully so they don't burn). Let cool; break into pieces.



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A SPRITE SALAD? SOLVED LIKE MAGIC.

The challenge: Take a favorite beverage (Sprite) and turn it into a tasty salad mix. Is that even possible? Team **Leo, Will, Godwin, Khimonte, Andy, Montrell, Princess Ann** and **Aaliyah** from Appetite for Change and **Chef Lachelle Cunningham** dove in to make the transformation. Round pearls of sorghum are the bubbles, green and yellow veggies mirror the Sprite brand colors and the lemon-lime dressing is straight-up genius. And just because “Why not?”, they seal the brilliance with a candied nut topper. One word for this team – “magicians.”



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

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