



seeding youth
success



Northside Knock-out Salad

MAKES 8 (1-CUP) SERVINGS

Khetasar, Princess Ann and Maurquen from Appetite for Change created this salad with the guiding hand of *Chef Lachelle Cunningham from Breaking Bread Café*. It mixes chickpeas with tomatoes, cukes, bell peppers, parsley and mint. The knock-out punch comes from the brown rice cooked with Ancho peppers and their zippy peanut, Sriracchi dressing

Salad

- 1 cup uncooked brown rice
- 1 teaspoon chopped garlic
- 2 dried Ancho chiles, chopped
- 1 (15-oz.) can chickpeas (rinsed and drained)
- 2 cups chopped tomatoes
- 1 cup chopped cucumber
- 1 red bell pepper, chopped
- 1 yellow pepper, chopped
- ½ cup finely chopped red onion
- ½ cup chopped fresh parsley
- ¼ cup finely chopped fresh mint

Dressing

- ½ cup extra-virgin olive oil
- 1 tablespoon toasted sesame oil
- ⅓ cup rice vinegar
- 1½ tablespoons smooth peanut butter
- 1½ tablespoons tamari or soy sauce
- 1½ tablespoons finely chopped fresh ginger
- 1 tablespoon Sriracha hot sauce
- 2 teaspoons honey

8 cups mixed salad greens

Topper: Chopped roasted peanuts

Directions

1. Cook the brown rice according to package directions, stirring the garlic and chopped chiles into the pan. When rice is tender remove from heat; cool.
2. Meanwhile, mix all the remaining salad ingredients in a large bowl. Stir in cooked rice and chile mixture.
3. To make the dressing, whisk the oils, vinegar, peanut butter, tamari, ginger, Sriracha, and honey in a small bowl until well blended.
4. Stir half of the dressing into the salad mixture; toss to coat well. Spoon salad onto greens; drizzle with remaining dressing and garnish with chopped peanuts.

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