Ode to Minnesota Salad

MAKES 8 (1-CUP) SERVINGS

Marquise, Tajah and Zarea with Urban Roots teamed up with Chef Paul Johnson to pay homage to our home state and their home turf. Barley, vibrant veggies from Urban Roots’ prolific gardens and dried cranberries make up this colorful compilation. A cranberry vinaigrette is drizzled over the top. It’s a home run thanks to this home team.

Salad
1 cup uncooked pearled barley
1 cup coarsely shredded carrot
1 cup chopped summer squash
1 1/2 cup peeled and chopped golden beets
1 cup shredded kale
1 cup dried cranberries
1/4 cup finely chopped fresh mint

Dressing
2/3 cup grapeseed or canola oil
1/3 cup unsweetened cranberry juice
2 tablespoons white wine vinegar
2 tablespoons chopped fresh mint
1 tablespoon chopped shallots
2 teaspoons honey

8 cups mixed salad greens

Topper: Sunflower seeds

Directions

1. Cook barley according to package direction. Rinse with cool water; drain well.

2. Meanwhile, mix all the remaining ingredients together in a large bowl. Stir in cooked barley.

3. To make the dressing, put oil, cranberry juice, vinegar, mint, shallots and honey into a blender container. Process until smooth.

4. Stir half of the dressing into the salad mixture; toss to coat well. Spoon salad onto mixed greens; drizzle with remaining dressing and garnish with sunflower seeds.