



seeding youth
success



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
- 1½ cup peeled and chopped golden beets
- 1 cup shredded kale
- 1 cup dried cranberries
- ¼ cup finely chopped fresh mint

Dressing

- ⅔ cup grapeseed or canola oil
- ⅓ 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.

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