

ZESTY MIDTOWN GREENWAY SALAD



RECIPE BY URBAN VENTURES YOUTH
CHEF COACH: PAM POWELL, SALAD GIRL DRESSINGS

Makes 8 (1-cup) servings + 1 ¼ cup dressing

SALAD INGREDIENTS

1 cup uncooked sorghum grain
2 cups chopped Swiss chard (leaves and stems)
1 cup chopped, unpeeled watermelon radishes
1 cup chopped yellow or red bell pepper
1 cup peeled and coarsely shredded kohlrabi
1 cup dried cranberries
8 cups mixed salad greens
Coarsely chopped Isadore's Zesty Lemon
Rosemary Nuts

DRESSING INGREDIENTS

¾ cup olive or canola oil
½ cup lime juice
2 tablespoons honey
¼ teaspoon ground cumin
½ teaspoon finely chopped garlic
½ teaspoon salt
⅓ teaspoon ground pepper

DIRECTIONS

1. Cook sorghum according to package directions. Remove from heat; let cool.
2. Meanwhile, mix all the remaining salad ingredients in a large bowl. Stir in cooked sorghum.
3. To make the dressing, whisk together oil, lime juice, honey, garlic, salt, cumin and pepper. Blend until smooth.
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