



# FOUR ELEMENTS



RECIPE BY APPETITE FOR CHANGE YOUTH  
CHEF COACH: MAURICE WILLIAMS, BREAKING BREAD

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

## SALAD INGREDIENTS

1 cup uncooked quinoa  
1 cup chopped tomato  
1 ½ cups chopped cucumber or zucchini  
1½ cups chopped fresh mango  
1 cup chopped yellow or red bell pepper  
2 cups arugula leaves  
1/3 cup sliced green onion  
½ cup chopped fresh parsley  
8 cups mixed salad greens  
1 cup crumbled goat cheese  
½ cup chopped walnuts

## DIRECTIONS

1. Cook quinoa according to package directions. Remove from heat; let cool.
2. Meanwhile, mix all the remaining salad ingredients in a large bowl. Stir in cooked quinoa.
3. To make the dressing, blend the oil, mango, chile, lemon juice, cilantro, mint and garlic in a blender until smooth.
4. Stir half of the dressing into the salad mixture; toss to coat well. Place salad greens on plates. Spoon salad mixture on top; drizzle with remaining dressing and garnish with cheese and walnuts.

## DRESSING INGREDIENTS

½ cup olive oil  
½ cup frozen mango chunks  
½ habanero chile, seeded, chopped  
¼ cup lemon juice  
2 tablespoons fresh cilantro leaves  
2 tablespoons fresh mint leaves  
1 teaspoon finely chopped garlic