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
1 ½ 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

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

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.