PURPLE RAIN

RECIPE BY APPETITE FOR CHANGE YOUTH
CHEF COACH: BERTRAND WEBER, MPLS PUBLIC SCHOOLS

Makes 8 (1-cup) servings + 2 cups vinaigrette

**SALAD INGREDIENTS**
- 1 cup uncooked brown rice
- 1 ½ cups shredded red cabbage
- 1 cup chopped unpeeled daikon (purple, if possible) radish
- 1 cup coarsely shredded carrots
- 1 ½ cups halved red grapes
- 1 cup blueberries
- ¼ cup finely chopped red onion
- 8 cups mixed salad greens
- 2 cups finely shredded raw, peeled red beet

**DRESSING INGREDIENTS**
- 1 cup extra-virgin olive oil
- ¼ cup pomegranate juice
- ½ cup fresh or frozen raspberries
- ¼ cup white wine vinegar
- 2 teaspoons finely chopped fresh gingerroot
- ½ teaspoon salt

**DIRECTIONS**
1. Cook brown rice according to package directions. Remove from heat; let cool.
2. Meanwhile, mix all the remaining salad ingredients in a large bowl. Stir in cooked rice.
3. To make the dressing, process the oil, pomegranate juice, raspberries, vinegar, ginger and salt in a blender container 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 shredded beets.