



TWO SISTERS



Dream
of Wild
Health



RECIPE BY DREAM OF WILD HEALTH YOUTH
CHEF COACH: BRIAN YAZZIE, THE SIOUX CHEF

Makes 8 (1-cup) servings + 1 ½ cups dressing

SALAD INGREDIENTS

¾ cup uncooked wild rice
2 cups chopped zucchini
2 cups halved cherry tomatoes
1 (15 ounce) can black or pinto beans,
rinsed, drained
1 cup chopped green bell pepper
8 cups mixed salad greens
Roasted, salted sunflower seeds

DRESSING INGREDIENTS

1 cup sunflower oil
¼ cup lime juice
½ cup fresh cilantro leaves
1 teaspoon ground sumac (a tart, lemony
flavored spice)
1 teaspoon ground cumin
½ teaspoon finely chopped garlic
¼ teaspoon salt

DIRECTIONS

1. Cook wild 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 wild rice.
3. To make the dressing, blend the oil, lime juice, cilantro, sumac, cumin, garlic and salt in a blender until smooth.
4. Stir half of the dressing into the salad mixture; toss to coat well.
5. Place salad greens on plates. Spoon salad mixture on top; drizzle with remaining dressing and garnish with sunflower seeds.