



WOJAPI MANOOMIN



RECIPE BY DREAM OF WILD HEALTH YOUTH
CHEF COACH: SEAN SHERMAN, THE SIOUX CHEF

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

SALAD INGREDIENTS

1 cup uncooked wild rice
2 cups quartered strawberries or ground cherries
1 ½ cups coarsely shredded turnips
1 cup chopped cucumber or zucchini
1 cup chopped small kale leaves
¾ cup chopped kale stems
8 cups of mixed salad greens
Broken pieces of Sunflower Seed Brittle (see below)

DRESSING INGREDIENTS

3 cups frozen blueberries
½ cup water
1 Tbsp. maple syrup

DIRECTIONS

1. Cook wild rice according to package directions. Remove from heat; let cool.
2. Meanwhile, make the dressing. Mix blueberries and water in a small saucepan; simmer for 10 minutes. Let cool briefly. Pour blueberries into a blender; add 1 tablespoon maple syrup. Blend until smooth; refrigerate until ready to serve.
3. While dressing is cooling, mix all the remaining salad ingredients in a large bowl. Stir in cooked wild rice.
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 brittle.

Sunflower Seed Brittle: Heat oven to 300°F. Mix 2 cups roasted, salted sunflower seeds with 2 tablespoons sunflower oil and ½ cup maple syrup. Pour out onto a parchment-lined rimmed baking sheet. Bake for 8 minutes. Let cool; break into bite-size pieces.