ROCKIN' MOROCCAN

RECIPE BY URBAN ROOTS YOUTH
CHEF COACH: JUSTIN SUTHERLAND, HANDSOME HOG

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

SALAD INGREDIENTS
1 cup uncooked wheat berries
1 (15-ounce) can garbanzo beans, rinsed, drained
1 ½ cups sliced fresh fennel
1 cup chopped red or yellow bell pepper
1 cup chopped tomato
1 cup golden raisins
½ cup chopped cucumber
½ cup shredded carrots
½ cup finely chopped red onion
½ cup chopped fresh parsley
8 cups mixed salad greens
1 cup crumbled feta cheese

DRESSING INGREDIENTS
⅔ cup extra virgin olive oil
¼ cup lemon juice
1 tablespoon + 2 teaspoons sesame tahini
1 tablespoon + 1 teaspoon harissa sauce
2 teaspoons honey
1 teaspoon finely chopped garlic
1 teaspoon grated lemon peel
Salt and pepper to taste

DIRECTIONS
1. Cook wheat berries according to package directions. Remove from heat; let cool.
2. Meanwhile, mix all the remaining salad ingredients in a large bowl. Stir in cooked wheat berries.
3. To make the dressing, whisk together oil, lemon juice, tahini, harissa, honey, garlic and lemon peel. Blend until smooth; season with salt and pepper.
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 feta cheese.