



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
- ¼ cup finely chopped red onion
- ½ cup chopped fresh parsley
- 8 cups mixed salad greens
- 1 cup crumbled feta cheese

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.

DRESSING INGREDIENTS

- ⅓ 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