



GO! GO! GROUNDWORK! GREEN TEAM SALAD



RECIPE BY GROUNDWORK MILWAUKEE YOUTH
CHEF COACH: ISHMAEL SIMMONS, CHICK N DUDE
GOURMET FOOD TRUCK

Makes 6 (1-cup) servings + 1 cup dressing

SALAD INGREDIENTS

- 1 cup uncooked quinoa
- 1 ½ cups chopped tomato
- 1 ½ cups chopped cucumber
- 1 medium bell pepper (red or yellow), chopped
- ½ cup chopped Italian flat-leaf parsley
- ¼ cup chopped fresh oregano
- 6 cups mixed salad greens
- 1/2 cup shredded Parmesan cheese
- 1 cup croutons

DRESSING INGREDIENTS

- ¾ cup extra-virgin olive oil
- ¼ cup white wine vinegar
- ½ teaspoon finely chopped garlic
- ¼ teaspoon dried thyme
- ¼ teaspoon dried rosemary leaves, crushed
- 1 tablespoon honey

DIRECTIONS

1. Cook quinoa according to package directions. Remove from heat; let cool.
2. Meanwhile, mix all the remaining salad ingredients in a large bowl. Stir in cooked quinoa.
3. To make the dressing, whisk together the oil, vinegar, garlic, herbs and honey.
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 cheese and croutons.