GO! GO! GROUNDWORK! GREEN TEAM SALAD

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

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.

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