

# KAYLETT SOUTHWEST

Learn-Earn-Grow  
*Milwaukee*



RECIPE BY LEARN EARN GROW YOUTH  
CHEF COACH: DAVE SWANSON, BRAISE

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

## SALAD INGREDIENTS

- 1 cup uncooked brown rice
- 1 cup corn kernels, fresh or frozen and thawed
- 2 teaspoons canola oil
- Salt to taste
- ½ teaspoon finely chopped garlic
- 1 medium red bell pepper, chopped
- 1 cup halved cherry tomatoes
- 1 cup chopped avocado
- ¾ cup shredded Pepper Jack cheese
- ½ cup sliced green onion
- ½ cup chopped fresh cilantro

## DIRECTIONS

1. Cook brown rice according to package directions. Remove from heat; let cool.
2. Meanwhile, heat 2 teaspoons oil and ½ teaspoon garlic in medium skillet over medium-high heat. Add corn; sauté until lightly golden; season with salt. Set aside.
3. Mix all the remaining salad ingredients in a large bowl. Stir in cooked rice and corn.
4. To make the dressing, blend the oil, lime juice, chile, vinegar, honey, mustard and garlic in a blender until smooth.
5. 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 pepitas and cherries.

## DRESSING INGREDIENTS

- ½ cup canola oil
- ¼ cup fresh lime juice
- ½ seeded and chopped medium jalapeño chile
- 1 tablespoon rice vinegar
- 1 tablespoon honey
- 1 teaspoon Dijon mustard
- 1 teaspoon finely chopped garlic

## TO SERVE

- 6 cups mixed salad greens
- ½ cup roasted, salted pepitas
- Dried unsweetened cherries, if desired

