



HOT POWER HITTER

WITH AVOCADO, HABANERO DRESSING



RECIPE BY APPETITE FOR CHANGE YOUTH
CHEF COACH: MECCA BOS, HOUSE OF GRISTLE

Makes 8 (generous 1-cup) servings

$\frac{3}{4}$ cup uncooked brown rice
1 (15-oz.) can garbanzo beans, rinsed & drained
 $\frac{1}{4}$ tsp. red pepper flakes
 $\frac{1}{4}$ tsp. salt

SALAD INGREDIENTS

1 medium bell pepper, chopped
1 cup cherry tomatoes, halved
1 cup chopped radishes
1 cup chopped carrot
1 cup chopped zucchini
1 cup shredded kale
 $\frac{3}{4}$ cup whole kernel corn (sliced from the cob or frozen & thawed)

DIRECTIONS

1. Cook rice according to package directions. Remove from heat; let cool.
2. Meanwhile, heat oven to 450-degrees. Blot drained garbanzo beans with a paper towel until dry. Season with pepper flakes and salt. Place on parchment-lined baking sheet. Roast for 20 to 25 minutes or until very crisp. Let cool and set aside.
3. Toss all the salad ingredients (except for the roasted beans, salad greens and cheese) in a large bowl. Stir in the cooked rice.
4. To make the dressing, process the avocado, garlic, lemon juice, water, chile, mustard, honey, oregano, salt, and smoked paprika in a blender until smooth.
5. Spoon the rice-veggie mixture over the greens. Drizzle with the dressing and sprinkle with cheese and the roasted garbanzo beans.

$\frac{1}{2}$ cup sliced green onions
8 cups mixed baby salad greens
 $\frac{1}{2}$ cup crumbled feta cheese

DRESSING INGREDIENTS

1 ripe avocado, pitted & peeled
1 small clove garlic, halved
 $\frac{1}{4}$ cup lemon juice
 $\frac{3}{4}$ cup water
 $\frac{1}{2}$ medium habanero chile, seeded & chopped
1 Tbsp. Dijon mustard
1 Tbsp. + 1 tsp. honey
 $\frac{1}{2}$ tsp. dried oregano
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ tsp. smoked paprika

