LA FRESCA
WITH BUTTERMILK, CUCUMBER DILL DRESSING

RECIPE BY PILLSBURY UNITED YOUTH
CHEF COACH: JOSE LLANGARI, WAITE HOUSE, PILLSBURY UNITED

Makes 8 (1-cup) servings

1 cup uncooked quinoa, rinsed

PICKLED VEGETABLES
½ cup rice wine vinegar
½ cup water
¼ cup sugar
1 ½ cups thinly sliced cucumber
¼ cup thinly sliced red onion

SALAD MIX
1 ½ cups matchstick or shredded carrots
1 ½ cups small cherry tomatoes, halved
½ cup chopped green bell pepper
½ cup chopped yellow bell pepper
8 cups mixed baby salad greens

DRESSING INGREDIENTS
1 cup plain yogurt
¼ cup chopped cucumber
3 Tbsp. buttermilk powder
2 Tbsp. fresh dill, chopped
½ tsp. grated lemon peel
½ tsp. finely chopped garlic
½ tsp. salt
¼ tsp. ground black pepper

TOPPER
½ cup crumbled queso fresco cheese
¼ cup roasted & salted sunflower seeds

DIRECTIONS
1. Cook quinoa according to package directions. Remove from heat; let cool.
2. To make pickled vegetables, mix water, vinegar, sugar, in a medium saucepan. Bring to a boil; stir to dissolve sugar. Pour over cucumbers and red onion in a medium bowl. Let stand 1 hour. Drain well.
3. Mix the remaining salad ingredients, except the greens, in a large bowl. Stir in cooked quinoa and pickled veggies.
4. To make the dressing, process the yogurt, cucumber, buttermilk powder, dill, honey, lemon peel, garlic, salt and pepper in a blender until smooth.
5. Serve the quinoa-veggie mixture over the salad greens. Drizzle with the dressing and sprinkle on the cheese and sunflower seeds.