

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

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.

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

