

MTV (MEXICO TO VIETNAM)

WITH PEANUT, FISH SAUCE DRESSING



RECIPE BY URBAN ROOTS YOUTH

CHEF COACH: ANN AHMED, LAT14 ASIAN EATERY

Makes 8 (1-cup) servings

SALAD INGREDIENTS

3/4 cup uncooked brown rice
1/2 cup dry hominy (or 1 cup canned)
1 cup shredded carrot
1 cup chopped jicama
1 cup chopped bell pepper
1 cup shredded Napa or savoy cabbage
1 cup cherry tomatoes, halved
1/2 cup torn fresh mint leaves
1/2 cup chopped green onions
8 cups mixed baby salad greens

TAJIN CASHEWS

Melt 1 tablespoon butter in a nonstick skillet over medium heat. Stir in 1/4 cup sugar and 1 cup whole roasted cashews. Cook, stirring occasionally, for about 5 minutes or until the sugar melts and nuts are coated. Sprinkle with 1 tablespoon Tajin seasoning. Spread the coated nuts onto a foil or parchment-lined baking sheet; allow to cool. Coarsely chop.

DIRECTIONS

1. In separate sauce pans, cook brown rice and hominy according to package directions. Let cool.
2. Mix remaining salad ingredients, except the greens, in a large bowl. Stir in rice and hominy.
3. To make the dressing, process all the dressing ingredients in a blender until smooth.
4. Spoon the salad mixture over greens. Drizzle with dressing and sprinkle with cilantro and cashews.

DRESSING INGREDIENTS

1 cup mayonnaise
1/2 cup lemon juice
1/4 cup creamy peanut butter
1 Tbsp. fish sauce
1 Tbsp. plus 1 tsp. honey
1 tsp. chipotle chile seasoning
1 tsp. finely chopped garlic

TOPPER

1/2 cup chopped fresh cilantro
Tajin Cashews (see recipe below) or
chopped roasted cashews

