



# SOUTHERN VACATION

WITH SMOKED PAPRIKA VINAIGRETTE



RECIPE BY URBAN ROOTS YOUTH

CHEF COACH: TRE HARDY, PERSONAL CHEF, OPHELIA  
MODERN KITCHEN

Makes 8 (1-cup) servings

## SALAD MIX

- 1/2 cup uncooked red rice
- 1/2 cup uncooked pearled barley
- 1 cup sliced celery
- 1 cup small cherry tomatoes, halved
- 1 cup shredded kale or chopped Swiss chard (include stems)
- 1/4 cup chopped radishes
- 1/4 cup chopped kohlrabi
- 1/2 cup chopped sugar snap peas
- 8 cups mixed baby salad greens

## DRESSING INGREDIENTS

- 3/4 cup canola oil
- 1/4 cup white wine vinegar
- 1 Tbsp. maple syrup
- 1 Tbsp. Dijon mustard
- 2 tsp. Worcestershire sauce
- 1 tsp. smoked paprika
- 1/2 tsp. salt
- 1/4 tsp. finely chopped garlic

## TOPPER

- 1/2 cup crumbled goat cheese
- 1/4 cup chopped fresh chives

## DIRECTIONS

1. In two sauce pans, cook red rice and barley according to package directions. Let cool.
  2. Meanwhile, mix remaining salad ingredients, except the greens, in a large bowl. Stir in rice and barley.
  3. To make the dressing, process all the dressing ingredients in a blender until smooth.
  4. Spoon the salad mixture over the greens. Drizzle with dressing and sprinkle with cheese and chives.
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