

SOUTH HOUSE SUMMER

WITH CURRY RASPBERRY VINAIGRETTE



RECIPE BY SOUTH DIVISION HIGH SCHOOL YOUTH
CHEF COACH: UW-MILWAUKEE EXECUTIVE CHEF JACOB MOSS

Makes 8 (1-cup) servings

SALAD

- 1 cup uncooked quinoa
- ‡ 2 cups thinly sliced kale leaves
- ‡ 1 cup whole kernel corn (sliced from the cob or frozen & thawed)
- ‡ 8 cups mixed baby salad greens

DRESSING

- 1¼ cups grapeseed or olive oil
- ½ cup raspberry vinegar
- ‡ ¼ cup honey
- 1 Tbsp. lime juice
- ‡ 1 tsp. curry powder
- Salt and freshly ground pepper to taste

TOPPER

- ‡ 1 cup sliced small strawberries
- ½ cup chopped pecans

CARROT PICO

Mix ‡ 1½ cups shredded carrots, ‡ ½ cup chopped bell pepper, ‡ ½ cup chopped tomato, ‡ ½ cup finely chopped red onion, ‡ ½ cup finely chopped radish, 2 tablespoons lime juice, and 1 teaspoon salt until well blended. Let stand for 10 minutes.

DIRECTIONS

1. Cook quinoa according to package directions. Let cool. Meanwhile, make the Carrot Pico.
2. Mix the kale and corn in a large bowl; stir in the quinoa and Carrot Pico.
3. To make dressing, whisk together all the dressing ingredients until smooth.
4. Serve the salad mixture over the greens. Drizzle with the dressing and sprinkle with strawberries and pecans.

‡ organically grown or sourced in Milwaukee or Wisconsin.

