



SWEET BEET STRONG MAN

WITH LEMON-HERB DRESSING



RECIPE BY GROUNDWORK MILWAUKEE YOUTH
CHEF COACH: DOMINIQUE ALVARADO OF ALGO DULCE

Makes 8 (1-cup) servings

SALAD INGREDIENTS

- 1 cup uncooked pearled farro
- 2 tablespoons grapeseed or olive oil, divided
- 2 medium red beets, peeled and diced, reserve stems and greens
- Salt and freshly ground pepper to taste
- 1 ½ cups shredded carrots
- 1 ½ cups thinly sliced Brussels sprouts
- ½ cup sweet corn, fresh or frozen & thawed
- 8 cups mixed baby salad greens

DRESSING INGREDIENTS

- 1 ¼ cup grapeseed or olive oil
- ¼ cup lemon juice
- 3 Tbsp. chopped fresh tarragon leaves
- 2 Tbsp. apple cider vinegar
- ½ cup honey

TOPPER

- ½ cup roasted & salted sunflower seeds
- 1 cup (4 oz.) crumbled feta cheese

PICKLED BEET STEMS AND LEAVES

Mix 1 cup rice vinegar, 1/2 cup sugar, 1 tablespoons salt, and ½ teaspoon ground coriander in a medium saucepan over medium-high heat. Bring mixture to a boil; reduce heat and stir until sugar and salt are dissolved. Remove pan from heat; stir in 2 cups chopped beet stems and greens. Let stand at room temperature until cool. Drain well.

DIRECTIONS

1. Cook farro according to package directions. Let cool. Meanwhile, prepare the Pickled Beet Stems and Greens.
2. Heat 1 tablespoon oil in a large skillet over medium-high heat. Sauté the beets for 2 to 3 minutes or until tender. Place in large mixing bowl. Add second tablespoon oil to skillet; sauté the carrots, Brussels sprouts, and corn 4 to 5 minutes or until browned and tender.
3. To make dressing, process all the dressing ingredients in a blender until smooth.
4. Stir the farro and beet stems & greens into the bowl with the sautéed vegetables. Serve over the greens, drizzled with the dressing and sprinkled with sunflower seeds and cheese.

organically grown or sourced in Milwaukee or Wisconsin.