



# SWINGIN' SWEET'N'SOUR

WITH ORANGE-SESAME DRESSING



RECIPE BY GROUNDWORK MILWAUKEE YOUTH  
CHEF COACH: CHEF DAVE SWANSON OF BRAISE

Makes 8 (1-cup) servings

## SALAD

- 1½ cups black-eyed peas, kidney or mung beans, canned & drained
- ‡ 2½ cups chopped zucchini
- ‡ 1½ cups halved cherry tomatoes
- ‡ 1½ cups thinly sliced basil leaves
- ‡ 1 cup chopped snow pea pods
- ‡ ¾ cup dried tart cherries
- ‡ ½ cup finely chopped poblano chile
- ‡ ½ cup sliced green onions
- Salt to taste
- ‡ 8 cups mixed baby salad greens

## DIRECTIONS

1. Prepare peas or beans according package directions. (If canned, rinse and drain.)
2. Mix all the remaining salad ingredients, except the greens, in a large bowl. Stir in peas or beans.
3. To make dressing, whisk together all the dressing ingredients in a medium bowl until well blended.
4. Serve the salad mixture over the greens. Drizzle with dressing and sprinkle with cheese and pumpkin seeds.

## DRESSING

- ¾ cup grapeseed or olive oil
- ½ cup rice wine vinegar
- ½ cup frozen orange juice concentrate, thawed
- ¼ cup toasted sesame oil
- ‡ 2 Tbsp. soy sauce
- 1 Tbsp. + 1½ tsp. sweet Thai chili sauce

## TOPPER

- ½ cup pumpkin seeds
- ½ cup pepper jack cheese

‡ organically grown or sourced in Milwaukee or Wisconsin.