NORTHSIDE FRESH

WITH AVOCADO, CUMIN YOGURT DRESSING

RECIPE BY APPETITE FOR CHANGE YOUTH
CHEF COACH: JAMETTA RASPBERRY, HOUSE OF GRISTLE

Makes 8 (1-cup) servings

SALAD MIX

4 cups chopped (1/2-inch pieces) yams
1 Tbsp. extra virgin olive oil
½ tsp. Old Bay seasoning
¼ tsp. salt
1 (15-oz.) can black-eyed peas, rinsed & drained
1 cup chopped tomato
¾ cup chopped cucumber
1 cup chopped bell pepper (red or yellow)
1 ½ cups shaved Brussels sprouts
1 Tbsp. finely chopped serrano chile or to taste
1/2 cup dried currants
8 cups mixed baby salad greens

DRESSING INGREDIENTS

1 ripe avocado, pitted & peeled
½ cup water
¼ cup lime juice
½ cup plain yogurt
1 Tbsp. red wine vinegar
2 tsp. ground cumin
1 tsp. honey
1 tsp. finely chopped garlic
¼ tsp. salt

TOPPER

Fried wonton strips
Roasted & salted pepitas (hulled pumpkin seeds)

DIRECTIONS

1. Heat oven to 400-degrees. Toss the yams, olive oil, Old Bay seasoning, and salt in a large bowl until well coated.
2. Spread in an even layer on parchment-lined rimmed baking sheet. Roast for 15 minutes or until fork tender. Let cool.
3. Meanwhile, mix remaining salad ingredients, except the greens, in a large bowl. Stir in yams.
4. To make the dressing, process all the dressing ingredients in a blender until smooth.
5. Spoon the mixture over greens, drizzle with the dressing and sprinkle with wonton strips and pepitas.