

LA AZTECA

WITH AVOCADO LEMON VINAIGRETTE

PUC



PILLSBURY UNITED COMMUNITIES



RECIPE BY PILLSBURY UNITED WAITE HOUSE YOUTH
CHEF COACH: JOSÉ ALARCÓN,
POPOL VUH & CENTRO

Makes 8 (generous 1-cup) servings

SALAD INGREDIENTS

- 1 ½ cups uncooked wild rice
- 1 ½ cups thinly sliced Napa cabbage or kale
- 1 cup chopped tomato or halved cherry tomatoes
- 1 cup chopped cucumber
- 1 cup thinly sliced & quartered watermelon radish
- ½ cup dried tart cherries
- ¼ cup chopped green onions
- 8 cups mixed baby salad greens

DRESSING INGREDIENTS

- 1 cup chopped ripe avocado
- 1 cup water
- 2 Tbsp. champagne or white wine vinegar
- 2 Tbsp. fresh lemon juice
- 2 tsp. Dijon mustard
- 2 tsp. honey
- ½ tsp. minced garlic
- ½ tsp. coarse salt
- ½ tsp. freshly ground pepper

TOPPERS

- ½ cup sliced almonds, toasted if desired
- 2 Tbsp. chia seeds

DIRECTIONS

1. Cook wild rice according package directions. Let cool.
2. Mix wild rice and remaining salad ingredients, except greens, in a large bowl.
3. To make the dressing, process all the ingredients in blender until smooth.
4. Stir half of the dressing into the salad mixture; toss to coat well. Arrange salad greens on plates. Spoon salad mixture on top; drizzle with remaining dressing. Top with almonds and chia seeds.



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