



POKE BREEZE

WITH PINEAPPLE SESAME DRESSING



RECIPE BY URBAN ROOTS YOUTH
CHEF COACH: ANN AHMED,
LAT14 & LEMONGRASS THAI

Makes 8 (1-cup) servings

SALAD INGREDIENTS

- 1 cup uncooked sushi rice
- 1 Tbsp. rice vinegar
- 2 cups chopped fresh pineapple
- 1 Tbsp. canola oil
- 2 Tbsp. honey
- 1 cup matchstick carrots
- 1 cup julienned red bell peppers
- 1 cup chopped cucumber
- 1 cup frozen shelled edamame, thawed
- ½ cup thinly sliced & quartered watermelon radish
- ½ cup chopped green beans
- ½ cup sliced green onion
- 8 cups mixed baby salad greens

DIRECTIONS

1. Cook sushi rice according package directions. Let cool. Sprinkle with rice vinegar. Gently stir to coat rice.
2. Heat oven to 425°F. Toss pineapple chunks with oil and honey. Spread on parchment-lined baking sheet. Roast for 25 minutes, stirring occasionally, or until lightly browned. Let cool.
3. Mix rice, pineapple, and remaining salad ingredients, except the greens, in a large bowl.
4. To make the dressing, process all the ingredients in blender until smooth.
5. 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 and garnish with shiso leaves, cilantro and sesame seeds.

DRESSING INGREDIENTS

- ¾ cup mayonnaise
- ⅓ cup pineapple juice concentrate
- 1 Tbsp. low sodium tamari or soy sauce
- 2 tsp. lime juice
- 1 tsp. toasted sesame oil
- ¼ tsp. cayenne pepper

TOPPERS

- 1 cup thinly sliced fresh shiso leaves
- ½ cup chopped fresh cilantro leaves
- Toasted sesame seeds



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TAKE A TRIP TO THE ISLANDS.

Michael, Sesay and **Stephanie** from **Urban Roots** partnered up with **Chef Ann Ahmed** of **Lat 14 Asian Eatery** and **Lemongrass Thai** to create a Hawaiian-style salad. They felt Hawaiian cuisine is delicious, but no one really thinks about it. So, they chose to shine a light on it. The youth grow nearly all the vegetables in this salad in their East Side St. Paul gardens, including the zippy shiso leaf topper. "The salad's flavors make you think an ocean breeze," says Michael, "especially when you taste the dressing."



Find the **ROOTS' SALAD UP** cart near **Gate #34** at Target Field during Minnesota Twins weekend home games May-September.

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"If someone cares about our dreams, we want to learn how to pursue them." - Sai