



SWEET & SASSY SLUGGER

WITH SALAD GIRL® SASSY SLAW DRESSING



RECIPE BY APPETITE FOR CHANGE YOUTH
CHEF COACH: PAM POWELL,
SALAD GIRL®

Makes 8 (1-cup) servings

SALAD INGREDIENTS

- 1 ½ cups uncooked barley
- 1 ½ cups matchstick carrots
- 1 ½ cups chopped sugar snap peas
- 1 cup thinly sliced red cabbage
- ¾ cup finely chopped dried mango
- ½ cup finely chopped onion
- ½ cup packed and chopped fresh mint leaves
- ½ cup finely chopped jalapeño chile
- 8 cups mixed baby salad greens

DIRECTIONS

1. Cook barley according to package directions. Let cool.
2. Mix barley with remaining salad ingredients, except the greens, in a large bowl.
3. 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 sunflower seeds and lime wedges.

DRESSING INGREDIENTS

Salad Girl® Sassy Slaw Salad Dressing
or other coleslaw dressing

TOPPER

½ cup roasted, salted sunflower seeds
Lime wedges





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STEP UP TO THE SALAD PLATE!

Arieana, Nacory, Leonna, Omariasha and Grace from **Appetite for Change** wanted to give fans an opportunity to eat something refreshingly summery that showcased the amazing foods growing in their Northside gardens. Not everyone was a big vegetable eater, so they “negotiated” a mix that they’re excited about and proud to serve. In partnership with **Pam Powell of Salad Girl Organic Salad Dressings**, they hit it out of the park!



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

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SEEDING YOUTH SUCCESS

**FUTURE
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“I knew I had potential but didn’t know what to do with it, how to make things happen. Now I know I can do more things and there are multiple paths to get there.” – Zarea

