

VIVA FRIDA

WITH CHILE CILANTRO LIME DRESSING



PILLSBURY UNITED COMMUNITIES



RECIPE BY PILLSBURY UNITED YOUTH
CHEF COACH: JOE DOYLE,
MARTINA



Makes 8 (1-cup) servings

SALAD INGREDIENTS

- 1 cup uncooked multi-colored quinoa
- 1 cup halved cherry tomatoes
- 1 cup chopped red or yellow bell pepper
- 1 cup peeled and chopped jicama
- 1 cup chopped cucumber
- 1 cup sliced rainbow carrots
- ¾ cup julienned black radish or chopped red radish
- 3 Tbsp. chopped fresh dill
- 8 cups mixed baby salad greens

DIRECTIONS

1. Cook quinoa according to package directions. Let cool.
2. Mix quinoa with 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. Garnish with cheese and pepitas.

DRESSING INGREDIENTS

- ¾ cup corn oil
- ¾ cup lime juice
- ½ cup packed fresh cilantro leaves
- ¼ cup packed fresh mint leaves
- 3 Tbsp. finely chopped serrano chile
- 2 tsp. honey
- 2 tsp. Dijon mustard
- ¼ tsp. salt

TOPPER

- ½ cup crumbled queso fresco
- ¼ cup roasted, salted pepitas





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ART AND SALAD COME TOGETHER.



Anessa, Maireni, Keilyn and Eva of Pillsbury United Waite House in South Minneapolis wanted to come up with a sister salad to their 2019 Roots top-seller... La Fresca. This year they pay homage to Frida Kahlo, a Mexican painter known for a spirited personality and her many works inspired by nature and Mexican artifacts which, they found inspirational to their future plans. **Chef Joe Doyle of Martina** helped the team bring their concept and culture to life. The salad's colors and textures remind the young chefs of Frida's painting style; the black radishes are a nod to her impressionable energy.

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

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89% of Roots youth report gains in decision-making skills around their future.

