



seeding youth
success



Four Sisters Pasdayapi Salad

MAKES 8 (1-CUP) SERVINGS

Youth from Dream of Wild Health showcase some of their favorite indigenous foods in this delicious (**posh-DIE-yah-pee**) salad made with wild rice and hominy purchased from tribal farmers. Turnips, zucchini, cherry tomatoes and cucumbers grow on their farm along with the special treat of ground cherries, when in season. *The Sioux Chef, Sean Sherman* worked with the youth as they created their Native American dish.

Salad

- $\frac{3}{4}$ cup uncooked wild rice, rinsed well
- 1 (15-ounce) can black beans, drained
- 1 cup cooked hominy
- 1 cup chopped zucchini or summer squash
- 1 cup chopped cucumber
- 1 cup peeled and chopped turnip
- 1 cup halved cherry tomatoes or ground cherries, husks removed, rinsed
- $\frac{1}{4}$ cup sliced green onions
- $\frac{1}{4}$ cup chopped fresh cilantro leaves

Dressing

- $\frac{1}{2}$ cup sunflower oil
- $\frac{1}{4}$ cup lime juice
- 2 tablespoons real maple syrup
- 1 teaspoon ground cumin
- $\frac{1}{2}$ teaspoon salt

8 cups mixed salad greens

Topper: Roasted sunflower seeds

Directions

1. Cook rice according to package directions. Rinse with cool water; drain well.
2. Meanwhile, mix remaining salad ingredients in a large bowl. Stir in cooked wild rice.
3. To make the dressing, whisk oil, lime juice, maple syrup, cumin and salt in a small bowl.
4. Stir half of the dressing into the salad mixture and gently toss to coat. Spoon salad onto greens; drizzle with remaining dressing and garnish with sunflower seeds.

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