



seeding youth
success



Low Country Chopped Salad

MAKES 8 (1-CUP) SERVINGS

Urban Ventures youth Citially, Donna and Zarek wished to create a first for Roots, a soul food salad. Partnered with *Chef Thomas Boemer of Revival and Corner Table* fame they channeled their Southern know-how and did just that. Collard greens, red beans, bell peppers and tomatoes are featured. A smoked paprika curry dressing infuses loads of flavor. The golden raisins topper sweetens the deal. Soul good!

Salad

- 1 cup uncooked brown rice
- 1 (15-oz.) can red beans, rinsed, drained
- 2 cups chopped tomato
- 2 cups shredded collard greens
- 1 green bell pepper, chopped
- ¼ cup sliced green onion

Dressing

- 1 cup canola oil
- ¼ cup lime juice
- 2 tablespoons white wine vinegar
- 2 tablespoons apple cider vinegar
- 1 teaspoon curry powder
- ¼ teaspoon smoked paprika
- ¼ teaspoon dried thyme
- Cayenne pepper to taste

8 cups mixed salad greens

Topper: Golden raisins

Directions

1. Cook brown rice according to package directions. Cool.
2. Meanwhile, mix all the remaining salad ingredients in a large bowl. Stir in cooked rice.
3. To make the dressing, whisk the oil, lime juice, vinegars, curry, paprika, thyme and cayenne together in a bowl until well blended.
4. Stir half of the dressing into the salad mixture; toss to coat well. Spoon salad onto mixed greens; drizzle with remaining dressing and garnish with raisins.

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