



seeding youth
success



Manoomin Berry Salad

MAKES 8 (1-CUP) SERVINGS

Faith, Miisko, Tiahna and Ayyub with Dream of Wild Health embraced Chef Sean Sherman's lessons in simplicity and authentic Native American cuisine when they designed this beautiful (**meh-NO-min**) salad. Five ingredients, along with an amazing cranberry maple syrup dressing, illustrate just how delicious simple can be.

Salad

- 1¼ cups uncooked wild rice,
rinsed well
- 1½ cups chopped strawberries or
ground cherries, husks removed,
rinsed
- 1½ cups fresh blueberries
- 1½ cups peeled and chopped turnip
- 1 cup chopped cucumber

Dressing

- ½ cup chopped dried cranberries
 - 1 cup water
 - 1 tablespoon real maple syrup
-
- 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, mix dried cranberries and water in a small saucepan. Bring to a boil; gently simmer about 5 minutes or until tender.
4. Blend the cranberry/water mixture and maple syrup in a blender or small food processor until puréed.
5. 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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