



seeding youth  
success



## Northside On Deck Salad

MAKES 8 (1-CUP) SERVINGS

John, Tyrell, Taijah and Esha with **Appetite for Change** came up with this bright mix of couscous and veggies by thinking of foods they grow and how they might mirror traditional ballpark foods. Cauliflower looks like popcorn, green beans have a French fry vibe, and the list goes on. Their hope... to wow you with big flavors, crunch and color making their salad a go-to game day food. Thanks *Chef Mark Augustine with Minneapolis Public School's Culinary and Nutrition Services* for coaching the crew.

### Salad

- 2 cups uncooked pearl couscous
- 1 (15-oz.) can mandarin oranges, drained
- 1½ cups chopped green beans
- 1½ cups chopped cauliflower
- 1 cup chopped red bell pepper
- 1 cup chopped zucchini
- ½ cup sliced green onions
- ½ cup chopped fresh parsley
- 1 tablespoon chopped fresh dill

### Dressing

- 1 cup orange juice
- ½ cup extra-virgin olive oil
- 2 tablespoons Dijon mustard
- 2 tablespoons apple cider vinegar
- 1 tablespoon grated orange peel
- ⅛ teaspoon dried sage
- ⅛ teaspoon cayenne pepper

8 cups mixed salad greens

**Topper:** Crumbled feta cheese

### Directions

1. Cook couscous according to package directions. Rinse with cool water; drain well.
2. Meanwhile, mix remaining salad ingredients in a large bowl. Stir in cooked couscous.
3. To make the dressing, whisk orange juice, oil, mustard, vinegar, orange peel, sage and cayenne together 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 as desired and garnish with feta cheese.

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