



seeding youth  
success



## Ooooh La La Salade!

Urban Roots youth Haset, Gao-Joua and Pheng channeled their worldly view to come up with this French-ish salad featuring beaucoup goodies from their gardens. Roasting the vegetables amplifies their sweet nature; the bulgur adds to its earthy-ness. C'est magnifique. *Makes 8 (1-cup) servings.*

### Salad

- 2 cups uncooked bulgur
- 2 cups coarsely chopped zucchini
- 1½ cups coarsely chopped red or golden beets
- 2 cups coarsely chopped green bell pepper
- 1½ cups sliced carrot
- 2 cups cherry tomatoes, halved
- 1 cup coarsely chopped red onion
- 2 tablespoons extra-virgin olive oil
- 3 tablespoons chopped fresh tarragon

### Dressing

- 1 cup extra-virgin olive oil
- ½ cup white balsamic vinegar
- 2 tablespoons lemon juice
- 1 tablespoon honey
- 1 tablespoon Dijon mustard
- ½ teaspoon finely chopped garlic
- ½ teaspoon dried thyme
- Salt and freshly ground pepper to taste

- 8 cups mixed salad greens

**Garnish:** Crumbled goat cheese

### Directions

1. Heat oven to 425°F.
2. Chop zucchini, beets, bell peppers and carrots into ½-inch pieces.
3. Mix chopped vegetables and halved cherry tomatoes together in a large bowl. Drizzle with 2 tablespoons olive oil; toss to coat. Arrange on a large parchment paper-lined rimmed baking sheet in a single layer. Roast about 25 minutes or until just tender; let cool.
4. Meanwhile, cook bulgur according to package directions. Rinse with cool water and drain well.
5. To make the dressing, whisk all the ingredients together in a small bowl.
6. When vegetables are cool, mix with bulgur in a large bowl. Stir in chopped tarragon.
7. 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 goat cheese.

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