



seeding youth
success



Pasdayapi (Paush-die-yaw-pee) Salad

Dream of Wild Health youth are proud of their Native American culture. They created this salad to celebrate it and showcase the beautiful foods growing on their 10-acre farm in Hugo. Both “pasdayapi” (the Dakota word for hominy) and wild rice are significant ingredients in Native American cuisine. Roots purchases both from tribal farmers. We are proud to be able to work with **Dream of Wild Health** and their remarkable youth. *Makes 8 (1-cup) servings.*

Salad

- $\frac{3}{4}$ cup uncooked wild rice
- 3 cups chopped kale
- 2 teaspoons extra-virgin olive oil
- $\frac{1}{8}$ teaspoon salt
- 1 (15-oz.) can cooked hominy, drained and rinsed
- $1\frac{1}{2}$ cups sliced strawberries, ground cherries or cherry tomatoes, halved
- 1 cup chopped kohlrabi
- 1 cup chopped cucumber or zucchini
- 1 cup shredded carrot
- $\frac{1}{8}$ cup chopped fresh mint

Dressing

- $\frac{7}{8}$ cup extra-virgin olive oil
- $\frac{1}{8}$ cup lemon juice
- 1 tablespoon finely chopped fresh mint
- 1 teaspoon Dijon mustard
- $\frac{1}{2}$ teaspoon grated lemon peel
- Salt and freshly ground pepper to taste

8 cups mixed salad greens

Topper: Crumbled feta cheese, roasted sunflower seeds

Directions

1. Cook wild rice in vegetable broth or water according to package directions. Let cool.
2. Meanwhile, place kale in a large bowl. Drizzle with 2 teaspoons olive oil and $\frac{1}{8}$ teaspoon of salt. “Massage” the oil and salt into the kale for one minute.
3. Mix remaining salad ingredients. Stir in wild rice.
4. To make the dressing, whisk olive oil, lemon juice, mint, mustard and lemon peel together in small bowl. Season with salt and pepper.
5. 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 cheese and sunflower seeds.

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