



BEET IT

WITH BEET VINAIGRETTE



RECIPE BY APPETITE FOR CHANGE YOUTH
CHEF COACH: BERTRAND WEBER, MINNEAPOLIS PUBLIC
SCHOOLS CULINARY AND WELLNESS SERVICES

Makes 8 (1-cup) servings

SALAD INGREDIENTS

1 cup uncooked pearled farro
1 ½ cups peeled and chopped red beets
1 ½ cups peeled and chopped golden beets
3 cups orange juice
1 cup matchstick or shredded carrots
1 cup chopped bell pepper (red, yellow
and/or orange)
1 cup chopped zucchini
1 ½ cups chopped escarole
8 cups mixed salad greens

DRESSING INGREDIENTS

½ cup extra-virgin olive oil
¼ cup red wine vinegar
2 Tbsp. Dijon mustard
1 Tbsp. shallots, minced

TOPPER

½ cup crumbled goat cheese
½ cup dried cranberries or fresh
pomegranate arils

DIRECTIONS

1. Place red beets and golden beets in separate saucepans. Cover each with 1-1/2 cups orange juice. Bring to a boil; reduce heat and simmer 15 minutes or until beets are just tender. Drain, reserving ½ cup cooking liquid from each pan.
2. Cook farro according to package directions, using reserved golden beet cooking liquid plus 1/2 cup water. Remove from heat; let cool.
3. Meanwhile, mix the remaining salad ingredients, except the greens, in a large bowl. Stir in cooked beets and farro.
4. To make the dressing, mix the oil, reserved red beet cooking liquid, vinegar, mustard and shallots in a small food processor or blender. Process until smooth.
5. Spoon the farro-veggie mixture over the greens. Drizzle with the dressing and sprinkle with cheese and cranberries.




ROOTS

FOR THE HOME TEAM®



SEEDING YOUTH SUCCESS

By buying a delicious Roots for the Home Team salad, you inspire and employ youth who grew many of the ingredients in your salad, created the recipe and sold the salad to you. You're giving young people the opportunity to discover new possibilities and pathways in their lives, through salads and social innovation.

Find us near Gate #34!

 ROOTSFORTHEHOMETEAM.ORG

 [@rootsforthehometeam](https://www.facebook.com/rootsforthehometeam)

 [@roots4hometeam](https://twitter.com/roots4hometeam)

 [rootsforthehometeam](https://www.instagram.com/rootsforthehometeam)

