



BOLLYWOOD SMASH

WITH MANGO CHUTNEY VINAIGRETTE



RECIPE BY URBAN ROOTS YOUTH

CHEF COACHES: KYLE (MAC) MCCLEARY, TWINS
PERFORMANCE KITCHEN & CHEF BECKI RAMIREZ,
MINNESOTA SPORTSERVICE

Makes 8 (generous 1-cup) servings

SALAD INGREDIENTS

1 (15-oz.) can garbanzo beans,
rinsed & drained
4 cups chopped cauliflower
2 Tbsp. olive oil
1 tsp. curry powder
½ tsp. salt
¾ cup uncooked sorghum grain
1 cup shredded carrot
1 cup chopped bok choy (leaves and stems)
1 cup shredded red cabbage
½ cup torn fresh mint leaves

½ cup golden raisins
8 cups mixed baby salad greens

DRESSING INGREDIENTS

½ cup olive oil
¼ cup cider vinegar
¼ cup Major Grey's mango chutney
½ tsp. finely chopped garlic
½ tsp. curry powder
½ tsp. salt

TOPPER

½ cup roasted & salted sunflower seeds

DIRECTIONS

1. Heat oven to 400-degrees. Toss the garbanzo beans and cauliflower with 2 tablespoons oil, curry powder, and ½ teaspoon salt in a large bowl until well coated.
2. Spread in an even layer on a parchment-lined rimmed baking sheet. Roast for about 20 minutes or until cauliflower is golden and tender. Let cool.
3. Meanwhile, cook sorghum according to package directions. Remove from heat; let cool.
4. Mix the remaining salad ingredients, except the greens, in a large bowl. Stir in the cooked sorghum, cauliflower and beans.
5. To make the dressing, process all the dressing ingredients in a blender until smooth.
6. Spoon the sorghum-vegetable mixture over the greens. Drizzle with dressing and sprinkle with sunflower seeds.



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**

 **@roots4hometeam**

 **rootsforthehometeam**

SHINEBOX



LAND O' LAKES, INC.

