



seeding youth
success

Wild Gitigan Salad

Six talented youth from Dream of Wild Health created this salad using ingredients important to their Native American culture as well as vegetables grown at their Hugo, MN farm. Cherry tomatoes are delicious in this salad, but if you find ground cherries at a farmer's market or can grow your own, they are amazing! Think tomatoes with a pineapple flavor. *Makes 8 (1-cup) servings*

Salad

- 1½ cups uncooked wild rice
- 4 cups vegetable broth or water
- 4 sprigs thyme + 2 tablespoons chopped thyme leaves
- 3 cups chopped kale, thick stems removed
- 2 teaspoons extra-virgin olive oil
- ⅞ teaspoon salt
- 1 can (15 oz.) black beans, rinsed and drained
- 1 cup chopped yellow bell pepper
- 1 cup shredded carrots
- 1 cup cherry tomatoes, quartered
- ¼ cup sliced green onion

Dressing

- ½ cup extra-virgin olive oil
 - ¼ cup lemon juice
 - 1 teaspoon grated lemon peel
 - 2 teaspoons honey
 - Coarse salt and freshly ground pepper to taste
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- 8 cups mixed salad greens
 - ½ cup shredded Parmesan cheese

Directions

1. Cook wild rice in vegetable broth or water according to package directions. Add thyme sprigs to pot. Let cool, remove thyme sprigs.
2. Meanwhile, place chopped kale in a medium bowl. Drizzle with 2 teaspoons olive oil and ⅞ teaspoon salt. "Massage" the oil and salt into the kale for one minute.
3. Mix remaining salad ingredients, including kale and 2 tablespoons chopped thyme leaves in a large bowl. Stir in cooked wild rice.
4. To make the dressing, whisk ½ cup olive oil, lemon juice, lemon peel and honey together in small bowl. Season with salt and pepper.
5. Toss dressing with salad mixture; spoon over mixed greens. Garnish with Parmesan cheese.

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