

A close-up photograph of a person's hands holding a carrot in a garden bed. The person is wearing a light blue and white striped shirt and light blue shorts. The garden bed is filled with various green leafy vegetables, including lettuce and kale. The background is slightly blurred, showing more of the garden and a wooden structure.

LOCAL FOODS FOR GROWING MINDS
**FEED
OUR
FUTURE**

RECIPE CARD

Grow it. Share it. Eat it.

Cooking together not only leads to delicious healthy meals, it can also be a great way for families to spend more time together, teach each other about local foods that are in season, and how to prepare them.



Roasted Root Vegetable Salad with Local Lettuce

Featured Item: Hydroponic Lettuce

Serving Size: 1 salad • Yield: 4

Fun Facts:

- Lettuce should not be stored near apples or bananas. It will go bad!

Try It!

- Make your next salad in a jar! You will have fun layering your ingredients.

INGREDIENTS - SALAD

- Hydroponic lettuce, raw: **2 quarts, shredded**
Garbanzo Beans: **1 1/2 cups**
Feta Cheese Crumbles: **1/2 cup**
Pumpkin Seeds, roasted: **1/4 cup**

INGREDIENTS - DRESSING

- Extra Virgin Olive Oil: **1/4 cup**
Balsamic Vinegar: **3 tablespoons**
Maple Syrup: **1 tablespoon**
Kosher Salt: **1/4 teaspoon**
Black Pepper: **1/4 teaspoon**

INGREDIENTS - MEDLEY

- Sweet potato, raw, cubed: **1/2 cup**
Red Potatoes, diced: **3/4 cup**
Butternut Squash, raw, cubed: **1/2 cup**
Extra Virgin Olive Oil: **2 1/2 teaspoon**
Iodized Salt: **1/4 teaspoon**
Black Pepper: **1/4 teaspoon**



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DIRECTIONS

Prepare Roasted Root Vegetables:

1. Prep vegetables. Sweet potatoes should be scrubbed, peeled, and cubed. Peel and cube butternut squash. Scrub red potatoes and cut them into small pieces. Make sure they are all diced around the same size.
2. Preheat oven to 350 degrees. Toss all of the vegetables with olive oil, salt, and pepper. Place on a baking sheet. Spread vegetables out so they do not steam. Roast in the oven for 25-30 minutes or until lightly browned.

Prepare Dressing:

1. Whisk all dressing ingredients together.

Prepare Salad:

1. Drain the beans
2. Clean and chop lettuce.
3. Assemble salad: Top 2 cups of lettuce with 3/8 cup garbanzo beans, 1/3 cup roasted root vegetables, 2 tablespoons feta cheese, and 1 tablespoon pumpkin seeds. Serve with 2 tablespoons balsamic dressing.

Source: Pisanick Partners, LLC.