

Chef Spotlight

Celebrating Foods of the World



Tangerine Charcoal Wheat Salad with Kale and Cashews

MAKES 5 SERVINGS

INGREDIENTS

2 1/2 cups water
8 ounces Indian Harvest Charcoal Wheat
1/4 cup tangerine juice
3 tablespoons soy sauce
1 tablespoon sesame oil
2 tablespoons rice vinegar
2 tablespoons brown sugar
1/4 cup + 1 tablespoon vegetable oil, divided
3/4 cup red bell pepper, diced
2 cups packed kale, small pieces
1/2 cup tangerine sections, pith and seeds removed
1/2 cup cashews

Almonds and cashews add a tasty crunch to this salad that's lightly sweetened with brown sugar and tangerines. Soy sauce gives it just the right amount of tang, and the wheat and kale really boost this dish's nutritional content.

PREPARATION

On stovetop, bring 2 1/2 cups water to a boil, add Indian Harvest Charcoal Wheat. Simmer covered for 35 minutes, chill.

In a small mixing bowl, whisk together tangerine juice, soy sauce, sesame oil, rice vinegar and brown sugar before slowly whisking in a quarter cup vegetable oil.

Heat 1 tablespoon of vegetable oil in sauté pan, add kale.

Sauté kale until bright green, about 30 to 45 seconds. Remove and chill.

Combine all ingredients except cashews and chill.

Garnish with cashews and cilantro (optional) for service.

Chef's Tip: If tangerines are not available, replace with mandarin orange.

Recipe and Photo Courtesy of:



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