

NYBG

EDIBLE ACADEMY SUMMER SOLSTICE WEEKEND



BRONX SALAD

Prepared for the Edible Academy Solstice Weekend by Henry Obispo, Founder of Born Juice/President, Bronx Restaurant Cooperative

Yield: 4 servings

Ingredients

- 1 head lettuce (red or green) or 1 bunch kale, to taste
- 1 red pepper, chopped
- 1 small red onion, chopped
- 6–8 oz black beans canned, low-sodium
- 6–8 oz corn, ideally fresh, kernels removed
- 1 medium tomato, deseeded and chopped
- 1 mango, peeled and chopped
- Cilantro, to taste, destemmed and chopped
- 1 avocado, peeled and cubed
- Optional: 3 ounces plantain chips, to garnish

For the dressing:

- 1 teaspoon Dijon mustard
- 1 teaspoon and 1 teaspoon agave or honey
- 2 tablespoon olive oil
- 1 teaspoon apple cider vinegar
- 5–8 drops hot sauce
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 tablespoon orange juice
- 1 tablespoon lime
- Paprika, to taste

Instructions

Wash and chop lettuce into bite-sized pieces. Wash pepper, deseed, mince. Drain and rinse beans. Peel corn, wash, and remove kernals with a sharp knife. Wash, deseed, and chop tomato. Peel mango, chop. Wash mango, depit, and roughly dice. Wash, remove stems, and finely mince cilantro. Add all ingredients together in a large salad bowl, and toss. Peel and cube avocado, and add to the top.

Prepare the dressing by measuring out all ingredients into a jar. Seal the jar, and shake. Dress salad; add plantain chips for garnish. Serve immediately.