

Spring Salad



COURSE

Appetizer, Salad, Side Dish

CUISINE

American, Italian

INGREDIENTS

- 2 Cups Kale chopped
- 4 Cups Spinach chopped
- 1 Cup Purple Cabbage
- 1 Cup Cherry Tomatoes
- 1 Cup Carrots shredded
- 3/4 Cup Edamame
- 1 Cup Blueberries
- 1 Cup Strawberries cut in quarters
- 3/4 Cup Cashews
- 1/4 Cup Sunflower Seeds

Dressing

- 3 Tbs. Marmalade Jam
- 3 Tbs. Red Wine Vinegar
- 2 Tsp Spicy Yellow Mustard
- 3/4 Cup Olive Oil
- 1/2 Tsp Salt
- 1/2 Tsp Pepper

INSTRUCTIONS

1. Put the above salad ingredients in a bowl and toss to mix.
2. Wisk the dressing ingredients together above until smooth, pour over Salad and toss Salad to coat then serve.

NOTES

Shopping List:

Fresh Kale, Fresh Spinach, Purple Cabbage, Cucumber, Cherry Tomatoes, Carrots, Edamame, Blueberries, Strawberries, Cashews, Sunflower Seeds, Marmalade Jam, Red Wine Vinegar, Spicy Yellow Mustard, Extra Virgin Olive Oil, Sea Salt and Pepper.

Health Comments:

Packed with nutrition, Protein, Potassium, Fiber, Calcium, Iron, Super Antioxidants, Manganese, Magnesium, Zinc, Selenium, Folate, Biotin, Beta Carotene, Lycopene, Naringenin, Chlorogenic Acid, high in Vitamin A & C, with Vitamins B1, B6, B9, D, E & K.

