

Garden Salad Deluxe

TOTAL PREP TIME: 30 minutes

SALAD:

2 C Romaine lettuce, finely chopped	1/2 Yellow bell pepper, finely diced
2 C Baby spinach, finely chopped	1/2 Orange bell pepper, finely diced
2 C Baby arugula, finely chopped	1-2 Jalapeños, finely diced (optional for heat)
1 C Shaved Brussels sprouts	1 Pasilla pepper, finely diced
1 C Chopped kale (optional)	1 C Chickpeas
1/2 Red onion, thinly sliced	1/4 C Bacon bits
1 C Shaved red cabbage	1 C Cauliflower, finely chopped
1 C Bean sprouts (or radish sprouts)	1 C Broccoli florets, finely chopped
1/4 C Sunflower seeds	1 C Corn kernels (fresh or grilled, optional)
2 stalks Celery, finely diced	1/2 C Radishes, thinly sliced
1 C Shredded carrots	1/2 C Finely diced apple or pear (optional, to be added fresh at time of service)
1 C Grape tomatoes, halved	1 C Seasoned croutons
1 C Diced cucumber	
1/2 Red bell pepper, finely diced	

DRESSING:

1 C Mixed berries (strawberries, blueberries, raspberries)	1 T Dijon mustard
1/2 C Honeybush Wild Berry tea, brewed and cooled	1/4 C Olive oil
2 T Honey	2 T Apple cider vinegar
	1 t Lime zest
	Salt and pepper to taste

PREPARE THE SALAD: In a large bowl, combine Romaine lettuce, baby spinach, baby arugula, shaved Brussels sprouts, and chopped kale (if using). Add red onion, shaved red cabbage, bean sprouts, sunflower seeds, celery, shredded carrots, grape tomatoes, diced cucumber, bell peppers, jalapeños (if using), pasilla pepper, chickpeas, bacon bits, cauliflower, broccoli florets, corn (if using), and radishes. Toss to mix well.

PREPARE THE DRESSING: In a blender, combine mixed berries, brewed Honeybush Wild Berry tea, honey, Dijon mustard, olive oil, apple cider vinegar, and lime zest. Blend until smooth and emulsified. Season with salt and pepper to taste.

ASSEMBLE THE SALAD: When ready to serve, drizzle the mixed berry honeybush dressing over individual portions of salad to keep the greens from wilting. Gently toss to ensure all ingredients are evenly coated.

TOP THE SALAD: Sprinkle seasoned croutons on top of the salad just before serving. Optionally, add finely diced apple or pear at the time of service to prevent browning.