



Rainbow Veggie Power Salad

Plant-Based • Crunchy • Detox-Friendly



Ingredients (Serves 2):

- 2 cups mixed greens (spinach, arugula, or kale)
- ½ cup shredded red cabbage
- ½ cup grated carrots
- ½ cup cooked edamame (shelled)
- ½ avocado, sliced
- ¼ cup cherry tomatoes, halved
- 2 tablespoons sunflower seeds or pepitas
- 2 tablespoons chopped fresh parsley or cilantro
- Optional: sliced radishes, microgreens



Lemon-Garlic Dressing:

- 2 tablespoons olive oil
- 1 tablespoon fresh lemon juice
- 1 teaspoon maple syrup or agave
- 1 garlic clove, minced
- Salt & pepper to taste



Instructions:

1. In a large bowl, toss all salad ingredients together.

2. Whisk dressing ingredients in a small bowl.
3. Pour over salad just before serving and toss gently.
4. Top with seeds, herbs, and any extras you love!

Nutritional Highlights (per serving):

- Calories: 340
- Fiber: 10g
- Protein: 11g
- Healthy Fats: From avocado & olive oil
- Rich in: Vitamin A, C, K & magnesium

