

Yes, it's Vegan! Seven-Layer Salad

Ingredients:

Salad

- 4 cups of raw kale (chopped)
- 1 cup of frozen sweet peas (thawed and drained)
- 1 cup of frozen shelled edamame (thawed and drained)
- 1 cup of shredded slightly roasted butternut squash or shredded carrots
- 4 green onions (sliced)
- 1 cup Chipotle dressing (see recipe below)
- 1/2 cup broccoli sprouts (or alfalfa sprouts)

Chipotle dressing

- 3 tbs grape seed oil
- 3 tbs Chipotle Just Mayo
- 2 tbs DiJon Mustard

Instructions

Salad

1. Using a rectangular dish, layer by spreading the ingredients evening in the dish. Start with the kale on the bottom, layer the remaining veggies with the dressing as layer #6 and the sprouts as layer #7
2. Chill in the refrigerator before serving

Using kale or as your base, this dish is great when prepared with any of your favorite veggies (corn, red cabbage, zucchini, yellow squash, etc.)

Chipotle dressing

1. Whisk all ingredients together and pour evenly over veggies as layer #6