RAINBOW CABBAGE SALAD

RECIPE BY: MARSHA FENWICK NUTRITION

SERVES FOUR

PLANT BASED, VEGAN

INGREDIENTS

- 1/4 cup pumpkin seeds
- 1/4 cup sunflower seeds
- 2 tablespoons sesame seeds
- 2 tablespoons hemp hearts
- 1/2 red cabbage, finely shredded
- 2 large carrots, grated
- 2 cooked beets, grated
- 4 radishes, sliced
- 3 cups baby spinach leaves, finely chopped
- 3 tablespoons finely chopped fresh mint
- Handful of sprouts (broccoli, pea, mung beans), fresh and washed

Dressing

- Finely grated zest and juice of 2 organic oranges
- 6 tablespoons of pomegranate juice, freshly squeezed
- 2 tablespoons extra virgin olive oil
- Salt and freshly ground black pepper

DIRECTIONS

1. Toast the pumpkin, sunflower, and sesame seeds in a medium frying pan over medium heat until golden brown, approx. 3 to 5 minutes
2. Combine the red cabbage, carrots, beets, spinach, mint, and toasted seeds in a large salad bowl.
3. Top with sprouts of choice and hemp hearts.

Dressing

1. Whisk the orange zest and juice, pomegranate juice, and oil in a small bowl. Pour over the salad and toss to combine. Season with salt and pepper and serve.

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