



Color Burst Salad

For the salad:

- 2 cups chopped dark leafy greens
- 1 cup cucumber coins, unpeeled
- ½ cup mandarin segments
- ½ cup chopped strawberries
- ½ cup grape tomatoes, halved
- ½ cup red onion, fine julienne
- ¼ cup roasted sunflower seeds

For the dressing:

- 1 each lime, juiced
- 1 each orange, juiced
- 2 tbsp. salad oil
- 1 tbsp. honey
- 1 tsp hot chili flakes (or to taste)
- ½ tsp salt

Chef's Tip: you can use a mixture of any dark leafy greens like kale, spinach, arugula, or spring mix!



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Directions:

1. Prepare the salad: Wash all fresh produce thoroughly before slicing. Place the salad ingredients in a bowl, except the sunflower seeds. Set aside.
2. Prepare the dressing: In a separate bowl, combine the dressing ingredients with a whisk or fork until smooth and frothy.
3. Drizzle the dressing over the salad mix, tossing occasionally. Top with sunflower seeds.
4. Serve and enjoy!

Makes 4 cups. 1 cup portion = 170 calories, 11 g fat, 1.4 g sat fat, 300 mg sodium, 0 mg cholesterol, 17 g carbs, 3 g fiber, and 3 g protein.