

Rainbow Crunch

Salad

- 2 Cups Shredded or Coarsely Chopped Raw Kale (stems removed)
- 2 Cups Shredded Raw Red Cabbage
- ½ Cup Shredded Raw Carrots
- ¼ Cup Fresh Parsley, Chopped Fine
- 1, 16 oz Can of Drained and Rinsed Garbanzo Beans (Chickpeas)
- ¼ Cup Sunflower Seeds
- ¼ Cup Craisins (Optional)

Dressing

- 2 Tbsp. Olive Oil
- 2 Tsp. Apple Cider Vinegar
- 1 Tsp. Sugar
- 1-2 Tbsp. Fresh Lemon Juice
- Salt and Pepper to Taste

Nutrition Information

Calories	209 kcal
Total Fat	8 gms
Saturated Fat	1 gm
Cholesterol	0
Sodium	178 mg
Carbohydrates	31 gms
Fiber	7 gms
Protein	8 gms

Instructions:

Wash all fresh vegetables, peel carrots and shred/chop. Combine all vegetables, chickpeas and sunflower seeds in a large bowl. Lightly toss. Combine dressing ingredients in a separate small bowl, whisk. Season with salt and pepper. Drizzle oil mixture over mixed vegetables and toss lightly. Add more salt, pepper and lemon juice to taste. Divide and serve in bowls with an extra sprig of parsley and a sprinkle of craisins as a garnish on top. Enjoy!

Recipe Yields: 5, 1 Cup Servings