

RAINBOW CRUNCH SALAD

Yield: 14 servings (4 oz. serving)



TOTAL TIME: 25 minutes

INGREDIENTS

- 1 pkg. (12 oz.) Food You Feel Good About Cleaned and Cut Rainbow Salad
- 1 pkg. (5 oz.) of baby spinach
- 1 red bell pepper, cored, seeded, finely diced
- 1 pkg. (8 oz.) Melissa's Baby Red Beets, steamed and peeled, matchstick cut
- 1 bunch mint leaves, washed, trimmed, chopped fine
- ¾ cup organic currants (Bulk Foods)
- ¼ cup roasted unsalted sunflower seeds (Bulk Foods)
- ¼ cup raw pumpkin seeds
- ¼ cup JFC White Roasted Sesame Seeds
- ½ tsp. ground cumin
- 1 cup Food You Feel Good About Organic Pomegranate Blueberry Vinaigrette (Grocery Dept.)
- ½ tsp. salt

PREPARATION

1. Toss salad mix, spinach, peppers, beets, mint and currants in large bowl.
2. Add sunflower, pumpkin, sesame seeds and cumin to skillet on medium. Cook and stir 5-7 min. until lightly toasted and crunchy; watch carefully so as not to burn. Remove from pan; let cool.
3. Add cooled seed mixture to veggies. Add dressing and salt; toss to blend.

NUTRITION

Per serving: Calories: 260; Fat: 20 g; Cholesterol: 0 mg; Carbohydrates: 20 g; Protein: 3 g; Fiber: 4 g; Sodium: 440 mg.

Recipe courtesy of Wegmans