



Broccoli-Kale Salad with Triple Citrus Vinaigrette

Yields: 4 Servings

Ingredients:

- 2 cups kale, thinly sliced (lacinato/dinosaur kale and/or curly kale)
- 1 cup broccoli, cut into small florets
- 1 carrot, thinly sliced
- 1 yellow bell pepper, julienned
- $\frac{1}{2}$ cup dried cranberries
- 1 apple, diced
- Pea Sprouts

Triple Citrus Vinaigrette

Ingredients:

- Juice of 1 orange, 1 lemon and 1 lime - about $\frac{2}{3}$ cup
- $\frac{3}{4}$ cup avocado oil
- 1 tbsp Dijon mustard
- 1 garlic clove, minced
- 1 shallot, minced
- $\frac{1}{2}$ tsp salt
- 1 tsp honey - Optional

Directions:

1. Add juice of orange, lemon and lime to a small bowl. Add garlic and shallot then whisk in Dijon mustard, salt and avocado oil. Whisk until well combined.
2. Add kale and broccoli to large bowl. Pour on the dressing and massage into the kale and broccoli. Set aside for about 10 minutes.
3. Top salad with carrots, bell pepper, cranberries and apple. Top with pea sprouts.