



## Garden Rainbow Salad with Lemon Vinaigrette

**Yields: 4 servings**

### **Ingredients:**

- 2 cups lettuce, arugula, kale or any other favorite greens
- 1 cup purple cabbage, thinly shredded
- 1 cup carrots, shredded or cut into coins
- 1 cup diced cucumbers, cut into half moons
- 1 yellow bell pepper, finely diced
- 1 cup radishes, sliced, diced or spiralized
- Optional "toppings": Sprinkle in any of the following: dried cranberries, pomegranates, blueberries, sunflower seeds or croutons

### **Directions:**

1. Add all ingredients to a large bowl. Set aside.
2. Whisk together Lemon dressing ingredients
3. Pour onto salad and toss until well coated

## **Basic Lemon Dressing**

**Yield:** Approximately  $\frac{3}{4}$  cup dressing

### **Ingredients:**

- 1 tbsp lemon zest
- $\frac{1}{4}$  cup lemon juice
- $\frac{1}{2}$  cup olive oil
- 1 tsp honey or maple syrup
- $\frac{1}{2}$  tsp salt

Optional dressing add-ins:

- 1 minced garlic clove
- fresh minced herbs
- 2 tsp Dijon mustard

### **Directions:**

1. Add lemon zest and juice to bowl, whisk in honey and salt (and any optional add-ins), drizzle in olive oil and whisk well. Can also add ingredients to a jar and shake well!