



Rainbow Salad w/Lemon-Balsamic-Maple 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, spiralized 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
- 1, 15 oz can garbanzo beans, rinsed and drained

Directions:

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

Lemon Balsamic Maple Vinaigrette

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

Ingredients:

- 1 tbsp lemon zest
- $\frac{1}{4}$ cup lemon juice
- $\frac{1}{2}$ cup olive oil
- 2 tbsp maple syrup
- 2 tbsp balsamic vinegar
- 1 tbsp Dijon mustard
- $\frac{1}{2}$ tsp salt

Directions:

1. Add lemon zest, juice, maple syrup, vinegar, Dijon, salt and olive oil to jar. Tighten lid on jar and shake well. Can also whisk ingredients in a bowl.