

Rainbow Salad



Ingredients:

1 head leafy green lettuce, chopped

1 bunch kale, stems removed, chopped

1 large tomato, chopped (or 1 cup cherry tomatoes), or 1 cup strawberries, chopped

1 orange bell pepper, chopped or 1 large carrot, thinly sliced

1 yellow squash, thinly sliced, or 1 yellow bell pepper, chopped

1 cucumber, sliced or 2 sticks celery, sliced

1 cup blueberries, fresh

1 red onion, chopped (purple)

Directions:

Mix lettuce and kale and place in a bowl. Arrange the vegetables/fruits in lines to make a rainbow.

Vinaigrette Dressing

Ingredients:

1 teaspoon ground flaxseed

3 tablespoons water

2 tablespoons balsamic vinegar

1 teaspoon mustard

Directions:

Mix well