

Sweet Crunch Chopped Salad

INGREDIENTS

SERVINGS: 8
TIME: 20 MIN

- 3 cups purple cabbage, chopped
 - 3 cups broccoli, finely chopped
 - 1 large carrot, shredded
 - 2 green onions, sliced
 - 1/3 cup sunflower seeds, unsalted
 - 1/3 cup of dried cranberries (low in added sugar)
- Maple Tahini Dressing:
- 1/4 cup tahini
 - 1/4 cup of water
 - 2 tablespoons lemon juice
 - 1 tablespoon maple syrup
 - 1/4 teaspoon salt
 - 1/4 teaspoon garlic powder
 - Pinch of cayenne pepper

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PROCEDURE

1. Prepare the dressing in a small bowl: combine tahini, water, lemon juice, maple syrup, salt, garlic powder, and cayenne pepper
2. Cut and chop produce and add to large bowl: cabbage, broccoli, carrots, green onions
3. Add sunflower seeds and dried cranberries to large bowl
4. Pour dressing over the top and mix!



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