

RECIPE | TOMATOES

# RAINBOW SALAD



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## INGREDIENTS

### For the Salad

- 1 Pint Pure Flavor® Sangria Tomato Medley, halved
- 1 Pure Flavor® Yellow Sweet Bell Pepper, diced
- 1lb Bag Pure Flavor® Mini Cucumbers, diced
- 1 bunch kale
- 3 carrots, peeled and diced
- 1 15 oz. canned chickpeas, drained
- ½ head red cabbage, thinly shredded
- Salt and pepper, to taste

### For the Dressing

- ¼ cup tahini
- ¼ cup apple cider vinegar
- ¼ cup lemon juice
- ¼ cup low-sodium soy sauce
- ½ cup nutritional yeast
- 1 tbsp minced garlic

## DIRECTIONS

1. Layer kale in the bottom of salad bowl.
2. Begin toping prepped ingredients into the salad bowl.
3. Add salt and pepper, to taste.
4. Mix dressing ingredients and add desired amount to the salad bowl.



**TOTAL TIME**

15 minutes

**PREP TIME**

15 minutes

**COOK TIME**

N/A

**SERVES**

4

**COOKING LEVEL**

Easy