

**TOTAL TIME**

15 minutes

PREP TIME

15 minutes

COOK TIME

N/A

SERVES

4

COOKING LEVEL

Easy

RECIPE | TOMATOES

RAINBOW SALAD

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 topping 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.

*Follow us*pure-flavor.com**pure
flavor®**