



RECIPE | TOMATOES

WINTER KALE CHICKEN SALAD



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INGREDIENTS

For the salad:

- 1 dry pint** Pure Flavor® Organic Sangria® Tomato Medley, halved
- 1** Pure Flavor® Yellow Sweet Bell Pepper, chopped
- 2** boneless skinless chicken breasts, cooked and sliced
- 1** large bunch kale, stems removed and chopped
- 3 cups** baby spinach, roughly chopped
- 1 cup** purple cabbage, shredded
- ¼ cup** pumpkin seed, toasted
- ¾ cup** walnuts, toasted and chopped
- ¼ cup** pomegranate seeds
- 1** avocado, sliced

For the dressing:

- 1/3 cup** olive oil
- 3 tbsp** balsamic vinegar
- 2** garlic cloves, minced
- 2 tbsp** maple syrup
- 1 tbsp** Dijon mustard
- 1½ tsp** salt
- ¼ tsp** ground black pepper

DIRECTIONS

- 1** In a large bowl, combine all salad ingredients but reserve some for garnishing.
- 2** Add the dressing ingredients to a jar with a lid, then shake well to combine. Drizzle over the salad and toss to combine.
- 3** Transfer salad mixture to serving platter. Garnish as desired.



20 min

20 min
PREP.

N/A
COOKING



8



easy