

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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