

Versatile Vegetable Salad

Chris Kalinich of Plant 2 Platter



Recipe Yield: 10 servings

This salad can change with the seasons and be "switched up" to use what you have at hand. It can be a scrumptious side dish, a filling for inside a wrap, or be front and center on your plate. This recipe truly is versatile!

INGREDIENTS

5 cups	raw vegetables, chopped into bite-size pieces (e.g. broccoli, zucchini, corn, bell peppers, cabbage, etc.)
2 cups	arugula or favorite dark leafy green, chopped
½ cup	raw, unsalted sunflower seeds (or seeds of choice)
¼ cup	shallot, finely diced
¾ cup	apple juice sweetened dried cranberries
1 cup	cashews, soaked for at least 60 minutes in hot water then drained
¼ cup	water
2 Tbsps.	nutritional yeast flakes
3 Tbsps.	apple cider vinegar
2 Tbsps.	coconut aminos or low-sodium tamari
1 Tbsp.	maple syrup
2 cloves	garlic, minced (roasted or raw)
½ cup	fresh basil, chopped & loosely packed

INSTRUCTIONS

1. Place vegetables, dark leafy greens, sunflower seeds, shallot, and cranberries in a large mixing bowl. Mix well.
2. Make dressing by combining remaining ingredients, *except fresh herb*, in a high-powered blender; blend until mixture is smooth and creamy.
3. Add dressing to the large bowl of vegetable along with the chopped fresh herb and fold in gently.
4. Serve immediately or let chill in refrigerator for several hours before serving.

SUGGESTIONS

Feel free to change up the recipe: add ½ cup sundried tomatoes; add ¼ cup Kalamata olives; use golden raisins, flame raisins or dried cherries instead of dried cranberries; add your favorite bean, switch out basil for cilantro or parsley, top with ground pistachio nuts, use cooked vegetables instead of raw. You get the idea!

Shared with permission. If you share this recipe, please give appropriate credit to Chris Kalinich.



Contact Chris at www.plant2platter.com or @Plant2Platter on Facebook & Instagram