

# superfoods salad

Serves 6

Combine salad ingredients and toss in a large bowl.

Pour Pomegranate Dressing below over salad and toss to coat.

Refrigerate for 1 hour before serving.

Store in the refrigerator for up to 3 days.



Throw chia seeds and goji berries on top of a salad for a burst of flavor and nutrition.

## pomegranate dressing

Combine dressing ingredients and mix well.



Once in a while you can make Sunday a Salad Sunday night. It's a new way to reintroduce salads for dinner! After a long weekend of eating out and going out with friends, this may be exactly what you need to get back on your Target to Table track.

- 1 bunch kale, stems removed and chopped
- ½ cup frozen, shelled edamame, thawed
- 1 pint blueberries, washed and drained
- ¼ cup pumpkin seeds
- ¼ cup walnuts, chopped
- ¼ cup goji berries
- ½ red onion, diced
- 3 large carrots, peeled and diced
- 2 tablespoons chia seeds

- ½ cup pure pomegranate juice
- ¼ cup extra virgin olive oil
- 1 tablespoon red wine vinegar
- 1 teaspoon ground turmeric
- Sea salt & black pepper to taste

