



ANTIOXIDANT SALAD



INGREDIENTS:

- 10-oz pkg shredded carrots
- 3-oz baby spinach
- 8-oz spring mix lettuce
- 4-oz shelled pumpkin seeds
- 15-oz cooked black beans
- 1 seedless cucumber, small diced
- 1 bunch scallions, sliced thin
- 1 red bell pepper, cut into slivers

PREPARATION:

- 1- Mix salad greens (spinach & spring mix) in a large bowl.
- 2- Assemble the remaining ingredients on top of the salad greens in a circular pattern, leaving a spot open in the middle.
- 3- Lay out the colors of the ingredients in an appealing manner.
- 4- Pattern order: red bell pepper, white cucumbers, orange carrots, black beans, & green scallions.
- 5- Pile the pumpkin seeds in the middle of the salad.
- 6- Serve & enjoy!

NOTE: The salad dressing can be added to the salad greens before assembling the toppings or it can be served on the side.

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