

MULTICOLORE SALAD

Serves 6 to 8

2 packages of lettuce (mix organic herb salad, baby spinach, baby, arugula, etc.)
¼ head green cabbage, shredded
¼ head red cabbage, shredded
3 medium carrots, grated
2 small beets, grated
1 cucumbers, diced
1 yellow or green zucchini, diced
1 red bell pepper, diced
1 orange bell pepper, diced
1 yellow bell pepper, diced
½ cup sliced radishes

In a large bowl, combine all the ingredients. Stored airtight in the fridge, this salad will stay fresh for 6 days.

Choose a dressing from any of the suggested dressing recipes or just sprinkle some oil, nama shoyu, lemon juice and spices to taste.

Feel free to improvise your own ingredients. Add tofu cubes, avocado, pieces of fish, pine nuts, almonds, olives, sprouts, etc.

Explore and have fun!