

# Superfood Salad

Serves 8, Serving size: 1 cup

## Ingredients

- 2 cups broccoli florets, cut into bite-sized pieces
- 4 cups loosely packed salad greens (kale, spinach, romaine, etc.)
- 1 (15 ounce) can chickpeas (garbanzo beans), drained and rinsed
- 1 large apple, chopped
- 1/2 cup dried cranberries, raisins, or pomegranate seeds
- 1/2 cup pecan pieces (toasted in a dry skillet if desired)
- 1/3 cup crumbled feta or goat cheese (optional)

## Directions

1. Combine all salad ingredients in a large bowl.
2. Drizzle with your favorite dressing and toss gently to combine. Serve immediately. *Note:* if preparing the salad in advance, wait and add dressing right before serving.

*Simple honey mustard dressing recipe:* in a small bowl, whisk together 1/4 cup olive oil, 2 tablespoons honey, 2 tablespoons apple cider vinegar, 1 tablespoon Dijon mustard, and salt and pepper to taste

**Nutrition per serving (including dressing):** 246 calories, 5 g protein, 14 g total fat, 2 g saturated fat, 25 g carbs, 5 g fiber, 196 mg sodium



Recipe and photo based on pulises.org

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