

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.

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