RAINBOW SALAD & RANCH DRESSING

This colorful super easy, heart-friendly salad is all about eating the rainbow and comes drizzled with a delicious vegan ranch dressing.

INGREDIENTS

2 cups spring salad mix
1/4 cup shredded carrots
1/4 cup shredded purple cabbage
1/4 red bell pepper, deseeded & chopped
1/4 yellow bell pepper, deseeded & chopped
1/2 cup blueberries
1/2 cup cooked garbanzo beans
drained, low sodium

DIRECTIONS

Combine all ingredients together in a large bowl. Top with no-oil dressing or flavored vinegar.

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ABOUT KIM

Kim Murphy is a certified plant-based health coach and the founder of Simply Plant Based Kitchen. After losing her father to Alzheimer's she knew she needed to commit to a healthy plant-based lifestyle & was inspired to help others do the same. She created Simply Plant Based Kitchen to help people make whole food plant-based eating simple, easy, & delicious so that they can achieve & maintain their health & weight loss goals. Kim lives in Cedar Park, TX with her husband Shawn and 2 boys Mason & Hayden.

Connect with Kim:

Guest Chef & Health Coach
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