



Best Salad Ever

Ingredients:

- 1 c cherry tomatoes, cut
- 3 c spinach, chopped
- 3 c red cabbage, finely chopped
- 1 red bell pepper, chopped
- 2 large carrots, grated
- 2 c cucumber, cut
- 2 c cooked, cooled garbanzo beans
- 1 c kalamata olives, halved
- 2 T olive oil
- 2 T apple cider vinegar
- 1 c almonds or walnuts, roasted or overnight soaked, then chopped

Optional:

- 2 c arugula, chopped
- 2 T flax or hemp seed meal
- 1-2 c cooked, cooled quinoa
- 1 or 2 avocados, cubed

Method:

Toss all ingredients together in a large bowl. This salad is ideal for busy pregnant mamas since you can make up a large quantity ahead of time and it keeps in the refrigerator 4-5 days. (Note that if you add avocado it will only keep one day).