



Lunch | PEAK SEASON: WINTER

Winter Healing Salad

Recipe by: Andrea Condes

This grounding and nutrient-dense dish is designed to support steady energy, blood sugar balance and whole-body nourishment!

Nutritional Info

Calories: 320
Carbs: 34g
Fiber: 9g
Protein: 11g
Fat: 14g
Sugar: 7g
Sodium: 180mg

Ingredients

1 Bundle Purple kale, ribboned
1 bundle Rainbow chard, ribboned
1 Delicata squash, roasted 1ct
2 cups of Marinated garbanzo beans
2 medium sized Roasted beets
¼ cup of popped amaranth 1/4C
2 tbsp Pepitas
2 tbsp Sunflower kernels

Marinated Garbanzo Beans

1 cup of garbanzo beans
¾ cup of olive oil
2 tbsp cider vinegar
Juice of one lemon
½ tbsp maple syrup
1 large shallot or small onion, diced
1 Jalapeño
2 garlic cloves
1.5 tbsp fresh oregano (1Tbsp dried)
pinch of sea salt

Instructions

- Soak dry garbanzo beans overnight. Drain off water and fill sauce pot with 6 cups of fresh water and the garbanzo beans. Bring to a boil over high heat. Add a heavy pinch of salt, reduce heat to low and cover with a lid. Cook until tender.
- While the beans cook, prepare the marinade. Mince the shallot, jalapeño, and garlic. Set aside.
- Combine the olive oil, cider vinegar, maple syrup, and lemon juice. Pour over the shallot mixture. If using fresh oregano, chop and add to the mixture.
- Thoroughly wash and dry beets and season with oil and salt.
- Wrap in foil and roast in a 400F oven for 45 minutes depending on size of beets. Check half way through cooking.
- Remove from oven and unwrap. Once you're able to handle the beets, peel off the skin.
- Medium dice the beets. Store in a container in the refrigerator until ready to use.
- Wash and dry the squash. Cut in half length wise. Remove the seeds and set aside. Cut the squash into 1/2" thick half moons. Season with oil, salt and oregano and Roast in a 425F oven for 20 minutes. Just until tender.
- In a large bowl add your ribboned kale and chard, popped amaranth, pepitas and sunflower kernels. Top with roasted beets and squash and marinated garbanzo beans.
- Enjoy!

Additional Info

- This salad keeps well in the fridge for up to 4 days, making it a great dish for meal prep.
- Beets, garbanzo beans and leafy green veggies are excellent for supporting heart health and blood circulation.
- Feel free to customize with seasonal veggies or what you have on hand.

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