RECIPE

Superfood Holiday Red & Green Salad

20 mins salad + 20 mins protein / 12 servings

MOVE OVER, GREEN BEANS!
This healthy Thanksgiving side steals the show with pomegranate, pears, beets, and crunchy greens, tossed in a festive homemade dressing. Top with chicken or tofu, or skip the added protein and let the turkey be the star of your table.



DRESSING

- ½ cup olive oil
- 3 tbsp apple cider vinegar
- 2 tbsp pomegranate juice or cranberry juice
- 1 tbsp Dijon mustard
- 1 tbsp honey (optional)
- 1 small shallot, finely minced
- salt and pepper to taste
- ½ cup pepitas

SALAD

- 8 cups baby kale
- 6 cups arugula
- 2 cups finely shredded brussels sprouts or broccoli florets
- 2 cups pomegranate seeds
- 2 cups thinly sliced red pears or red apples
- 1½ cups roasted red beets, diced
- 1 cup dried tart cherries or dried cranberries

PROTEIN (OPTIONAL)

- 3-4 grilled chicken breasts (12 oz total), thinly sliced
- 2 blocks extra-firm tofu, pressed for 10 minutes, cubed, tossed in 1 tbsp extra-virgin olive oil, and roasted on a baking sheet at 400°F until golden, about 20 minutes
- 1 cup feta or goat cheese crumbles

INSTRUCTIONS

1. **DRESSING:** Shake oil, vinegar, pomegranate juice, mustard, honey, if using, and shallot in a jar until well combined. Season dressing with salt and pepper.
2. **TOSS** kale, arugula, and brussels sprouts in a very large bowl (or divide between 2 bowls).
3. **SPRINKLE** pomegranate seeds, pears, beets, and dried cherries, if using, evenly over the greens. Top with pepitas. Add dressing to salad just before serving and toss gently to coat.
4. **ARRANGE** chicken, tofu, and cheese, if using, in bowls alongside for guests to choose their protein.

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NUTRITIONAL INFO PER SERVING

CALORIES
210

PROTEIN
3 g

OPTIONAL PROTEIN:
CHICKEN: +8G
TOFU :+8G
CHEESE: +2G

FIBER
4 g