

Summer Fruit Color Blast Chia Salad



This colorful summer salad brings unexpected flavors together for a delightful crunchy experience. Whether you choose to have this chef salad for your whole meal or as a part of your meal, you will be assured that you are enjoying so many of the nutrients your body craves. If you are not wild about an item in the ingredient list....just sub it out...no strawberries? Try peaches...you are in charge!

Ingredients

cooked chicken breast shredded or
(1 cup rinsed and drained chickpeas)
½ cup quinoa
1 cup organic strawberries** cut & hulled
1 kiwi skinned & cut
1 cup blueberries
4 huge handfuls of greens of choice
½ cup cauliflower florets
½ cup broccoli slaw
nuts or seeds of choice

Dressing Ingredients

¼ cup olive oil
¼ cup apple cider vinegar
2 tablespoons lemon juice
2 teaspoons honey
1 teaspoon dry MySeeds chia
2 tablespoons sliver cut mint leaves

Start by preparing the quinoa as it will take about 15 minutes to cook. Add 1 cup of water to ½ cup dry quinoa in a covered saucepan and simmer until the water has been absorbed. Fluff the quinoa and allow it to cool in the pot.

If using chicken breast, now is the time to shred the cooked breast into bite size pieces. Next, hull and chop the strawberries, skin and cut the kiwi and break up the cauliflower. Add all of these bite size pieces plus the blueberries to a large bowl.

While the quinoa is cooling, place the greens of choice on top of the fruit/veggie mixture (in your large bowl) and put together the salad dressing. You can dress the whole salad or a portion of it as needed if you were hoping for leftovers to pack up for the following day's lunch. Once dressed, gently toss the salad in the big bowl to coat all ingredients.

Clean Berries!

Strawberries are a part of the "Dirty Dozen" fruits or vegetables notorious for having a lot of pesticide residue or bacteria on them when picked. Be sure to use a fruit rinse to appropriately clean your berries if they're not organic certified. (You can float them in a water/vinegar solution)

Healthy fats!

It's important to have a healthy fat with your leafy greens. Cabbage, broccoli, garden greens & more all have fat-soluble nutrients your body needs...but they can only be properly digested and absorbed in the presence of a healthy fat like the omega 3 in chia or extra virgin olive oil.