

Rainbow Salad with Creamy Balsamic Vinegar Dressing

Ingredients:

*1 cup shredded green cabbage
1 cup shredded purple cabbage
1 cup chopped romaine lettuce
1/4 cup each shredded red, green and yellow bell peppers
1/4 cup grated carrots
1/4 cup green peas
1/4 cup finely chopped celery
1/4 cup finely chopped spring onion
1/4 cup each finely chopped green and yellow zucchini
1/4 cup each red and yellow cherry tomato halves*

For the Dressing:

*1/2 cup silken tofu
2 tbsp grated ginger
2 tbsp balsamic vinegar
2 tbsp lime juice
1 tbsp maple syrup
1 tsp ground black pepper
sea salt to taste*



Method:

Combine all salad ingredients in a large bowl and chill for 1 hour. Mix all the dressing ingredients in a blender with a little water to get a dressing consistency. Toss the salad with the dressing and garnish with chopped parsley and sunflower seeds and serve.