

Rainbow Veggie Salad

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This Rainbow Veggie Salad is beautiful, refreshing and packed with healthy ingredients!

Yield: 8-10 1x

Diet: Vegan

Ingredients

- 6 cups salad greens
- 1 cup diced cherry tomatoes
- 1 cup sliced or shredded carrots
- 1 small yellow bell pepper, diced
- 1 cup chopped cucumber, I like to use English cucumbers
- 1 cup blueberries
- 1 cup shredded purple cabbage
- 1 cup sliced red onion

Easy Dressing Recipe

- 1/2 cup olive oil
- 1/3 cup apple cider vinegar
- 1 1/2 teaspoons granulated garlic
- 1 1/2 teaspoons dried herbs such as Trader Joe's Green Goddess Seasoning or Herbs De Provence
- Salt and black pepper, to taste

Instructions

- Make the salad dressing by adding all dressing ingredients to a medium sized bowl and whisking until combined.
- Assemble your salad: add the salad greens to a large bowl and then top with all of the rainbow-colored fruits and veggies. You can take your time and arrange them in a nice pattern, or you can throw everything together in a large bowl
- Dress the salad with desired amount of dressing or let everyone dress their own salad portion.

Notes

Nutritional information is for the entire amount of salad dressing, so if you use less, it will lower the amount of fat in the recipe.

Recipe Frequently Asked Questions

- How should I serve this rainbow veggie salad? It's obviously very beautiful when it looks like a rainbow, so you can either serve it straight from the bowl where everyone gets a few of each ingredient, or you can toss everything together. It won't be as pretty but it's still very delicious!
- How long will this salad stay good in the refrigerator? If you need to make this salad ahead of time, I recommend only dressing individual portions. The last will be better kept in the fridge if it doesn't have the dressing on it. It will also keep longer if you use a hearty lettuce like romaine.
- Can I use different fruits and vegetables from the ones you used? Of course! I list a bunch of alternatives in the section above.

