

# Nutrient Rich Fiesta Salad

## A 'Healthy Eating For Teens Workshop' Recipe

*Recipe provided by Holistic Nutritionist Sarah Green*

3 cups	Cooked brown rice
1 can	Black Beans, drained and rinsed
1	Red Pepper, chopped
3	Green Onions, chopped
3/4 cup	Dried Cranberries
1	Carrot, grated
6 Tbsp	Fresh Parsley, chopped
1 clove	Garlic, crushed or minced
4 Tbsp	Tamari (naturally fermented soy sauce)
2 Tbsp	Grapeseed Oil
1 Tbsp	Honey
2 Tbsp	Apple Cider Vinegar
2 Tbsp	Lemon Juice, freshly squeezed
1/4 cup	Slivered Almonds
1/4 cup	Sunflower Seeds
1/2 cup	Pumpkin Seeds
	Salt & Pepper to taste

*In a large bowl, combine rice, beans, red pepper, onion, cranberries, carrot and parley. In a separate bowl, blend garlic, tamari, grapeseed oil, honey, apple cider vinegar and lemon juice. Pour oil mixture over salad to coat evenly. Add nuts and seeds, season with salt and pepper to taste.*

### **What makes this a healthy food Sarah?**

"This is Clean Eating at it's very best - all natural and the perfect vegetarian meal. Fiesta Salad is fantastic after a workout as it is the perfect combination of protein and complex carbohydrates, and is an excellent source of fibre. Because of all the colourful vegetables used, this dish contains a huge variety of antioxidants, vitamins and minerals. It is sweetened with natural sources, and is a good source of healthy fats as it is high in Omega oils. You will also get a benefit in this salad from the cleansing properties of lemon juice, parsley and garlic." *Sarah Green, Holistic Nutritionist*

