

Rainbow Harvest Salad

Rainbow Harvest SaladA colorful and nutritious salad bursting with fresh fruits and veggies, grilled salmon, and chicken breast on a bed of spinach and lettuce. Topped with a zesty orange lemon dressing, this salad is perfect for a light and satisfying meal.

– makes about 4 servings –

Ingredients:

- 8 oz salmon fillet
 - 2 chicken breasts
 - 1 yellow bell pepper
 - 1 red bell pepper
 - 1 green bell pepper
 - 1 cup mushrooms
 - 1 cup cherry tomatoes
 - 1 cup broccoli
 - 1 red onion
 - 1 cup strawberries
 - 1/2 cup pomegranate seeds
 - 2 red apples
 - 1 cup orange juice
 - 2 oranges
 - 2 lemons
 - 4 fruit cups
 - 2 bananas
 - 2 orange bell peppers
 - 1/2 cup green olives
 - 2 potatoes
 - 2 cups spinach
 - 2 cups lettuce
 - 2 green apples
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- 1/2 cabbage

Steps:

1. Grill salmon and chicken, then slice into strips.
 2. Chop all bell peppers, mushrooms, tomatoes, broccoli, onions, strawberries, apples, and lettuce.
 3. Mix all ingredients in a large bowl.
 4. In a separate bowl, whisk together orange juice, zest of oranges and lemons, and a drizzle of olive oil.
 5. Pour dressing over salad and toss to combine.
 6. Serve in individual fruit cups or on a large platter.
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