

# most powerful salad

We can always use a different salad recipe. Salads are a great vehicle to add some different veggies, proteins and healthy fats. You can substitute the eggs for chicken. You can roast some broccoli, cauliflower, sweet potatoes or butternut squash and add it to the salad as well. You can add traditional salad ingredients if you want as well such as tomatoes or cucumbers. If you are planning on having the salad for lunches during the week, keep the ingredients separate in the refrigerator. The morning of or night before you plan on eating the salad combine all the ingredients. Enjoy!

xoxo,  
Kristin

**\*\*If you want you can toast the pecans on a sheet tray in a 350 degree oven just until you smell a nutty flavor. This will happen fast.**

**Salad:** Wash the kale and add to a big salad bowl. Top with quinoa, pomegranate seeds, and pecans. Pour the dressing on top of the salad and gently toss to combine. Top with sliced hard boiled eggs and sliced avocado. Serve immediately.

**Dressing:** Whisk all ingredients, except olive oil in a bowl. Gradually whisk in oil. Season dressing to taste with salt and pepper.

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