



## Rainbow Chopped Salad

4 servings

15 minutes

### Ingredients

- 1/2 cup Tahini
- 2 2/3 Lemon (juiced)
- 2/3 tsp Sea Salt
- 2 2/3 tbsps Water
- 4 cups Chickpeas (cooked, from the can)
- 1 1/3 cups Cherry Tomatoes
- 1 1/2 cups Matchstick Carrots
- 1 cup Green Onion
- 1 1/3 Yellow Bell Pepper (chopped)
- 4 cups Purple Cabbage (chopped)
- 1 ml Hemp Oil (mint infused)
- 1/4 cup Basil Leaves (finely chopped)

### Nutrition

Amount per serving	
Calories	530
Fat	21g
Saturated	3g
Monounsaturated	7g
Carbs	72g
Fiber	21g
Sugar	17g
Protein	24g
Cholesterol	0mg
Sodium	504mg
Vitamin A	5195IU
Vitamin C	196mg
Calcium	299mg
Iron	9mg
Vitamin E	1mg

### Directions

- 1 Combine the tahini, hemp oil, lemon juice, and sea salt. Whisk until combined, adding water as needed to attain a creamy salad dressing consistency. Divide the dressing equally into the bottom of large jars.
- 2 Chop cabbage, green onion, bell pepper and basil and place in a large bowl. Shred the carrots and add to bowl. Mix until combined.
- 3 On top of the dressing, layer the chickpeas, tomatoes, carrots, then purple cabbage mixture. Cover and store in the fridge.
- 4 When you're ready to eat the salad, dump it into a bowl and toss well. Enjoy!

### Notes

**Storage:** Keeps well in the fridge for up to 4 days.

**No Tahini:** Use a nut butter or sunflower seed butter instead.