



► SERVES 1

Prep Time: 5 mins • Total Time: 10 mins

Salad

- 1 orange
- 1 oz. (30 g) baby spinach leaves (about 1 cup/250 mL packed)
- 4 oz. (125 g) purple cabbage
- 4 oz. (125 g) cauliflower (about 1 cup/250 mL florets)
- ½ red bell pepper

Dressing

- 2 tbsp (30 mL) *Basic Vinaigrette*
- 1 tsp (5 mL) honey
- ⅛ tsp (0.5 mL) ground cinnamon

Toppings

- ¼ cup (50 mL) chickpeas, rinsed and drained
- 2 tbsp (30 mL) shelled unsalted pistachios

Superfood Salad

1. Add the spinach, cabbage, cauliflower, and bell pepper to the colander of the **Salad Cutting Bowl** and rinse. Cut the orange into quarters lengthwise. Save one quarter for the dressing. Peel the remaining orange and add it to the bowl. Place the cutting platform on top of the colander and twist until the notches are aligned.
2. Flip the bowl over and use the **Coated Chef's Knife** to cut along the slots. Gently lift the colander and turn it one quarter turn; slice again. Continue turning and slicing until produce reaches the desired size. Place the colander into the bowl.
3. Pour the basic vinaigrette and remaining dressing ingredients into the condiment container and shake until combined. Add dressing and toppings to the condiment container side of the cutting platform and place it on top of the bowl. Cover with the lid.
4. When you're ready to eat, slide out the colander to pour the salad into the bowl. Add dressing and toppings.

Cook's Tips

If you're preparing this recipe for a larger party, consider making it two or even three times to have enough servings for your guests.

Start the dressing for your *Superfood Salad* using the recipe for *Basic Vinaigrette*.

Basic Vinaigrette

- 6 tbsp (90 mL) olive oil
- 4 tbsp (50 mL) white wine vinegar
- 2 tbsp (30 mL) water
- ¼ tsp (1 mL) salt
- ⅛ tsp (0.5 mL) ground black pepper

Add the oil, vinegar, water, salt, and pepper to the Measure, Mix & Pour®; mix until blended. Store remaining vinaigrette in your fridge up to one week.