

APRICOT CRANBERRY SALAD RECIPE

Serves 1

INGREDIENTS FOR SALAD

- 10 ounces salad mix your choice, chopped small
- 3 ounces cruciferous greens (I used arugula), chopped small
- 1 Persian cucumber, chopped small (or any cucumber)
- 1/3 cup onion, chopped small
- 8-10 dried apricots (I used unsulfured), chopped small
- 2 tablespoons dried cranberries (I used regular, unsweetened preferable)
- [+ nutritarian/flexitarian protein choice]
- 1 cup low- or no-sodium beans of choice
- OR 1 cup tofu, pressed, chopped small (etc!)
- OR 1-2 ounces lean protein meat (I used skinless boneless chicken breast in video)



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INGREDIENTS

FOR DRESSING (NOT 100% NUTRITARIAN)

- 1-2 tablespoons Bragg Vinaigrette Dressing (there is an oil-free version to make this Nutritarian)
- 1-2 tablespoons Coconut Secret Teriyaki Sauce & Marinade



DIRECTIONS

Add all ingredients to a large bowl and toss to combine. Eat until you're satisfied, not over stuffed, and adjust salad size next time for your typical needs. Enjoy!

Nutritarian Notes: If you're Nutritarian, you would cut back on the dried fruits, use the oil-free version of the Bragg's dressing, and choose a plant-based protein option.