



Rainbow Salad (Spinach Salad with Blueberry Vinaigrette)

From beingnutritious.com

Ingredients

- 4 cups baby spinach
- 1 cup black beans (canned without salt if possible)
- ½ cup grape tomatoes
- ½ cup blueberries
- ½ cup purple cabbage, shredded
- 1 carrot, julienne or shredded
- ½ yellow pepper, chopped
- ¼ cup red raspberries
- 2 Tbsp walnuts (optional)

For the Blueberry Vinaigrette (Makes 6 servings)

- ½ cup blueberries (frozen work best)
- ½ cup olive oil
- 3 Tbsp balsamic vinegar
- water to thin

Instructions

1. Arrange the salad ingredients on two plates, in any way you like.
2. Make the dressing by thawing the blueberries, if using frozen. Add all the dressing ingredients to a small food processor, and process on high until blueberries are completely pureed into the dressing. If the dressing is thick, add a tablespoon or so of water to thin it out.
3. Drizzle about 2 tablespoons of the dressing on each salad.