

Superfood Salad with Kale and Microgreens

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This bowl of superfood salad is a culinary adventure of vibrant colors, crispy textures, and a delightful balance of sweetness and savoriness. Not just a salad; it's a revitalizing journey that fuels your body with essential nutrients and antioxidants.



Type of Cuisine:

American

Prep Time: **20 minutes.**

How Many Servings?

2 servings

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Get ready to embark on a flavorful journey with our Superfood Salad featuring the vibrant duo of kale and microgreens. This wholesome salad isn't just about taste; it's a nutritional powerhouse that will energize and satisfy you. Packed with various nutrient-rich fruits and vegetables, it's a delicious way to support your well-being. Whether you want to add. From your daily meals to simply nutritious, fresh, and exciting dishes, our Superfood Salad has you covered. Join us as we dive into the colorful world of its ingredients and discover the nourishing goodness within.

Key Ingredients for Your Superfood Salad

- **Baby Kale:** Baby kale forms the nutrient-rich base of this superfood salad, providing a slightly peppery and earthy flavor. It's packed with vitamins, minerals, and antioxidants that promote overall health.
- **Microgreens:** Like baby kale, microgreens offer a fresh and slightly tangy taste. Despite their small size, they are rich in essential nutrients, making them a powerhouse addition to this salad.
- **Carrots:** Carrots contribute a natural sweetness and a satisfying crunch. They are a great source of beta-carotene, promoting eye health and immune function.
- **Purple Cabbage:** Purple cabbage adds vibrant color and a mild, slightly peppery taste. It's packed with antioxidants and vitamins, enhancing the salad's nutritional profile.
- **Red Onion:** Red onion provides a subtle sharpness and a pop of color. It contains compounds that may support heart health and reduce inflammation.
- **Beets:** Beets offer earthy sweetness and a vibrant hue. They are rich in vitamins, minerals, and antioxidants, potentially aiding blood pressure regulation and athletic performance.
- **Radishes:** Radishes contribute a refreshing, peppery kick. They are low in calories and a good vitamin C and fiber source.

- **Blueberries:** Blueberries introduce a burst of natural sweetness and a hint of tartness. They are loaded with antioxidants and vitamins, particularly vitamin C, which helps boost your immune system and skin health.
- **Apple:** Apples have a crisp, juicy texture and a mild, sweet flavor. They're a great source of dietary fiber, vitamins, and minerals, aiding digestion and providing essential nutrients.
- **Walnuts:** Walnuts provide a satisfying crunch and a dose of healthy fats. They are rich in omega-3 fatty acids, which support brain health and reduce inflammation.
- **Olive Oil:** Olive oil is a source of heart-healthy monounsaturated fats. It adds a smooth and slightly fruity note to the salad, enhancing its overall taste.

What can I serve with the superfood salad?

This incredibly hearty Superfood Salad stands on its own as a complete meal. If you're looking to enhance the protein content and make it more filling, there are a multitude of options that you can consider.

Oven-baked chicken breast is an excellent option for salads. It's juicy, tender, and seasoned with herbs, salt, and pepper. Plus, it adds protein to your meal. An Easy **Halibut fish** is a great match for a Superfood Salad. Its flaky texture complements the vibrant flavors. Seasoned with herbs, garlic, and lemon for a refreshing touch. Or you may enjoy **grilled Rosemary Garlic lamb chops** for a savory and aromatic addition to any meal. Complementing the freshness of your salad for a well-balanced dining experience.

Whatever option you choose, adding one of these sides to your Superfood Salad ensures a complete meal that will satisfy and energize you.

Nutritional Information

Preparation

1.



Wash all vegetables carefully and pat dry with a paper towel.

2.



Use a hand shredder, mandolin, or Cuisinart with a shredded disk attachment to shred the beets, cabbage, and apples into thin slices or ribbons. Arrange all the ingredients in a large bowl.

3.



To make a tasty dressing, mix orange zest, the juice of half an orange, minced garlic, salt, pepper, and olive oil in a small bowl. Drizzle the dressing over the salad, then toss everything together to ensure the vegetables are evenly coated. Enjoy the delectable flavors!

Print & Share This Recipe!

Reviews

Superfood Salad with Kale and Microgreens



Rana Madanat



Whip up a quick and easy Superfood Salad with Kale and Microgreens in no time! This delicious meal is perfect for those looking to eat clean, as it's packed with wholesome fruits and veggies full of essential nutrients.

Type of Cuisine:

American

Prep Time: **20 minutes.**

How Many Servings?

2 servings

Ingredients:

2 cups baby kale (2 oz)

1 cup microgreens (about 1.5 oz)

1/2 cup blueberries

1 green apple

2 carrots (peeled)

1/4 purple cabbage (about 4 oz)

1/4 red onion

1 medium size beet (peeled)

2 radishes

1.5 oz tablespoon walnut

Zest one orange and half orange juice (you could use lemon or lime as well)

1/4 cup fresh mint (chopped)

1 clove garlic (minced)

2 tablespoons extra-virgin olive oil

Salt and pepper to season

Preparation

1 Wash all vegetables carefully and pat dry with a paper towel.

Use a hand shredder, mandolin, or Cuisinart with a shredded disk attachment to shred the beets, cabbage, and apples into thin slices or ribbons. Arrange all the ingredients in a large bowl.

2 To make a tasty dressing, mix orange zest, the juice of half an orange, minced garlic, salt, pepper, and olive oil in a small bowl. Drizzle the dressing over the salad, then

3 toss everything together to ensure the vegetables are evenly coated. Enjoy the delectable flavors!

Nutrition Information

The information shown is an estimate provided by an online nutrition calculator. It should not be considered a substitute for a professional nutritionist's advice.

See our [full nutrition disclosure here](#).

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By Rana

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