



From the Kitchen of Executive Chef Jessica VanRoo



Dill Pickle Chopped Salad

Description

This salad features all the fall colors with a special focus on making the most of your bounty of cucumbers — both fresh and pickled. Top this cornucopia of veggies with crunchy pumpkin seeds and a drizzle of tangy dill pickle dressing and without a doubt, you'll be dishing up second helpings.

Van Roo suggests making your own dill pickles, adding, "It's really not as hard or time-consuming as people think." Though commonly thought to be a vegetable, the cucumber is actually a fruit. They are low in calories and contain a good amount of water and soluble fiber, making them ideal for promoting hydration, digestion and aiding in weight loss. They're also rich in vitamins C and K, magnesium, potassium and manganese, as well as antioxidants to reduce oxidative stress in the body. They are best eaten raw and unpeeled for maximize nutrient content. Adding chopped red cabbage to this salad keeps the calorie count low while adding an impressive volume of nutrients and antioxidants, including sulforaphane and kaempferol, which reduce chronic inflammation. Kale is also part of the cabbage family and, given its incredibly low calorie content (33 calories per cup), it's among the most nutrient-dense foods and with large amounts of vitamins A, K and C plus alpha-linolenic acid, an omega-3 fatty acid that is essential for normal human growth and development. Chickpeas, feta cheese and pumpkin seeds round out the ingredients and dial up this chopped salad's protein count to keep muscles and bones strong.

*Recipe serves 8. Total cost \$14.49/\$1.81 per serving. 215 calories per serving.



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Ingredients

Dill Pickle Dressing:

- 1½ cup Greek yogurt
- ½ cup avocado mayonnaise
- ⅓ cup chopped dill pickles (try using homemade)
- 1 teaspoon dried dill
- ½ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon celery seed
- ¼ teaspoon mustard powder
- 2 tablespoons pickle juice or lemon
- Pinch of brown sugar or squirt of honey
- Salt and pepper to taste

Salad:

- 2 cups red cabbage, shredded
- 2 cups romaine, roughly chopped
- 2 cups kale, stems removed, leaves chopped
- 1½ cups cauliflower florets
- ½ cup shredded carrot
- 1 can chickpeas, rinsed, drained well
- 1 cup chopped cucumbers
- ½ cup feta cheese
- ½ cup toasted pumpkin seeds

Instructions

1. Combine dressing ingredients in a jar or other container, mix well and season to taste, adding more pickle juice as needed. Set aside.
2. Combine salad ingredients in a large bowl, mix and add half the dressing.
3. Toss well, adding more dressing as needed.
4. Serve extra dressing on the side.