

# Sunflower Crunch Chopped Salad Remix

**Prep time**  
15 mins

**Cook time**  
5 mins

**Total time**  
20 mins

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Serves: 8

## Ingredients

- For the Salad:
  - 1 small Green Cabbage
  - 1 small Red Cabbage
  - 1 small head Romaine
  - 1 small head Kale
  - 2 cups Carrot. shredded
  - 4-6 Green Onions
  - 1 cup Roasted Sunflower Seeds
  - [Baked Bacon](#)
- For the Dressing:
  - 1 clove Fresh Garlic, minced
  - ½ Cup Sweet Onion, diced
  - 1 whole Orange, squeezed
  - ½ Cup Olive Oil
  - ¼ Cup Apple Cider Vinegar
  - ¼ Cup Dijon Mustard
  - 1 tbsp Honey
  - 1 tsp Sea Salt
  - 1 tsp Fresh Ground Pepper

## Instructions

1. For the salad:
2. Chop all vegetables into small pieces and mix in large mixing bowl.
3. Add chopped bacon and sunflower seeds. Mix.
4. For the dressing:
5. Add all ingredients to a blender and blend until well mixed.
6. Top salad with dressing and enjoy!

Recipe by Simple Roots at <https://simplerootswellness.com/sunflower-crunch-chopped-salad-remix/>

