

## Incredi-Bowl Salad

Makes two meal-sized salads.

### Salad Ingredients:

A few large handfuls of greens  
1 cup tomatoes  
1 cup chopped cucumber  
1/2 cup sliced yellow pepper  
1 shredded beet  
1 large shredded carrot

### Toppings:

Approx 2 Cups cooked quinoa  
Hummus (see hummus recipe)  
Handful of pumpkin seeds  
Asian Sesame Dressing



### Dressing Ingredients:

1/4 cup low sodium soy sauce  
2 tbsp sesame oil  
1/4 cup white vinegar  
1/4 cup olive oil  
1 tbsp honey

### **Instructions:**

1. Cook quinoa and place aside.
2. Make hummus and place aside. (See separate hummus recipe on [curtishealth.com/thrive](http://curtishealth.com/thrive))
3. Make dressing and set aside.
4. Lay two large salad bowls with spring mix greens
5. Top with tomatoes, chopped cucumber, yellow pepper, shredded beet and shredded carrot.
6. Finish by topping with quinoa, hummus, pumpkin seeds and dressing.