



WellBeingMD's Mindful Kitchen

Summer Detox Salad

Adapted from wellplated.com

A healthy and filling detox salad loaded with antioxidant rich ingredients like kale, cherries, walnuts, and artichokes in a light lemon dressing.

Yield: Serves 4-6 **Total Time:** 15 minutes

Ingredients:

1/4 cup **olive oil**

1/4 cup freshly squeezed **lemon juice**
(about 1 large or 2 small lemons)

1 teaspoon **kosher salt**

1 large bunch (about 10 to 12 ounces)
kale leaves, destemmed and chopped

1 cup pitted **organic cherries**, halved

1, 15-ounce **can chickpeas**, rinsed

1/4 cup finely **chopped red onion**

1, 14-ounce can **artichoke hearts**,
rinsed and sliced into quarters if large

1/2 cup toasted **walnut halves**, roughly chopped

Directions:

1. In a small bowl or measuring cup, briskly whisk together the olive oil, lemon juice, and 1/2 teaspoon salt until well combined.
2. Pour over the kale, cherries, chickpeas, red onions, and artichokes and toss to combine. Sprinkle the walnuts over the top. If time allows, place in the refrigerator for 20 minutes to allow the kale to tenderize. Enjoy.

This super fruit is a nutritional powerhouse that's rich in vitamins, minerals, and antioxidants, which **aid in digestion and reduces inflammation**. It is ideal for **cleansing the body**. Nutritionally, this small, dark red fruit contains anthocyanin glycosides, which can **relieve gout, arthritis, and fibromyalgia pain**. The vitamin C, fiber, and carotenoids **inhibit several types of cancers**, and the cyanidin **increases free radical scavenging activity**. In comparison with sour cherries, sweet cherries could be called a completely different fruit, wildly popular for snacking or as an addition to fruit salads and confections.



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Home of "The Mindful Kitchen"

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