

# Power Salad with Tangerine Vinaigrette

Recipe By Sina Mizrahi



Cooking and Prep:  45  
m

Serves:  6

Contains:     G

Preference: Dairy

Difficulty: Medium

Occasion: Shavuot, Nine  
Days

Diet: Vegetarian, Low Carb,  
Pescetarian

Source: Relish by Binah  
Magazine

I call this a “power” salad because it’s loaded with proteins and healthy vegetables. The antioxidants from the beets and kale, as well as the good fat from the avocado, make this salad a nutrient-dense meal. Of course, it’s also delicious, with perfectly balanced flavors, and the citrus in the vinaigrette gives it a sweet and unexpected note.

## Ingredients (15)

### Salad

- 1-2 beets, scrubbed or 1-2 [Gefen Organic Beets](#) (if using skip to step 2), cut into 1-inch cubes
- 1 cup cooked quinoa
- 1/2 cup edamame

- 6 cups baby kale, cleaned
- 1 bunch cilantro
- 1 cup crumbled feta cheese or 8-10 slices feta
- 1-2 avocados, cut in wedges
- 1/3 cup toasted sunflower seeds
- 1/3 cup toasted almonds

---

### Tangerine Vinaigrette

- pepper, to taste
  - juice of 2 tangerines and 1 teaspoon of zest
  - 1/4 cup **Bartenura Olive Oil**
  - 1 teaspoon vinegar
  - 1 tablespoon **Gefen Honey** (*optional*)
  - salt, to taste
- 

## Start Cooking

### For the Salad

1. Cook the beets in a pot of boiling water for 25 to 30 minutes, until they can be easily pierced by a fork.
2. Meanwhile, bring a small saucepan of water to a boil. Add the edamame and cook for 2 to 3 minutes. Drain and then immediately rinse the edamame under cold water.
3. Wash and clean the kale and cilantro.

### For the Dressing

1. To prepare the vinaigrette, whisk together the tangerine juice, zest, oil, vinegar, honey (if using), salt, and pepper.
- 2.

To assemble, arrange the salad ingredients in rows. Drizzle the vinaigrette over the salad or serve on the side.