Superfood Rainbow Slaw Recipe

4 MIN READ

JUL. 11, 2025

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A vibrant, nutrient-packed salad bursting with antioxidants, fiber, and heart-healthy fats—perfect for summer and even better the next day.

This colorful summer salad is rich in fiber, antioxidants, and satisfying umami flavor. Purple cabbage and beets deliver anti-inflammatory phytonutrients, while carrots and bell peppers provide beta-carotene and vitamin C. Kale adds a boost of vitamin K and calcium, and hemp seeds contribute plant-based protein and omega-3 fatty acids. Topping with avocado and a squeeze of fresh lemon add heart-healthy fats and an extra, bright hit of vitamin C.

INGREDIENTS (for 4 servings)

SALAD

- 2-3 cups thinly sliced purple cabbage
- 1 small yellow bell pepper, julienned
- 1 small red bell pepper, julienned
- 1 small raw red beet, peeled and grated
- 2-3 green onions (green parts only), chopped
- 4 small kale leaves (or 2 large), cut into ribbons

- 2-3 medium carrots, peeled and grated
- 1 1/2 tablespoons hemp seeds

DRESSING

- 2 tablespoon toasted sesame oil
- 2 tablespoon orange juice
- 1 tablespoon Bragg’s Liquid Aminos
- 1 teaspoon rice vinegar
- 1 teaspoon agave syrup
- 1/2 teaspoon fresh grated ginger
- Fresh ground black pepper, to taste
- Fresh lemon wedges
- Optional, to finish: 1 medium avocado, cut into chunks

INSTRUCTIONS

1. Wash and chop or grate all vegetables and combine in a large bowl.
2. In a small bowl, whisk together all dressing ingredients. Adjust to taste.
3. Pour the dressing over the vegetables. Using your hands, massage the dressing into the salad to soften the kale and blend flavors.
4. Mix in hemp seeds.
5. Optional: Serve topped with avocado chunks and a squeeze of fresh lemon juice.

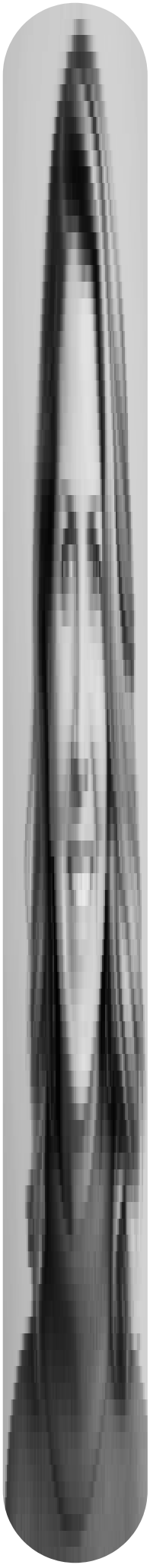
NUTRITION (without avocado): 165 Calories; 19.1g Carbohydrates; 4.5g Protein;

9g Fat; 5g Fiber. (With acovado: 225 calories, 22.35 Carbohydrates, 7.5 g Protein, 14.4 g Fat, 7.5 g Fiber

Pro Tip: This salad tastes even better the next day. Enjoy!

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