



Design Your Own Salad

Choose your own healthy ingredients to prepare a delicious, nutritious and colourful salad. Serve as a side dish or main meal.

Ingredients

- Vegetables: lettuce, spinach, watercress, rocket, tomatoes, carrots, peppers, cucumber, radishes, spring onions, avocado, courgettes, celery, beetroot, sweetcorn, red/white cabbage
- Protein (important if this is a main meal): fish (e.g., tuna, salmon, mackerel), eggs (hard-boiled), chicken, beef, salami, cheese, beans/lentils, falafel,
- Extras: nuts, seeds, fruit (e.g., mango, watermelon, apple, apricots), herbs (e.g., mint, coriander, parsley, chives), olives,
- Dressings: olive oil, balsamic vinegar, mayonnaise, lemon juice

Method

Wash, slice/chop your chosen ingredients and combine in a large bowl. Add a few extras, drizzle with a dressing and serve.

Nutritional Benefits

Eating vegetables every day provides our body's with plant based nutrients, which are important for our brain, skin, eyes, bones, teeth and muscles.