



Recipe

2

Serves

6

Simple Salad



Ingredients

½ lettuce
4 tomatoes, quartered
¼ cucumber, sliced
½ green pepper, cut into strips
½ onion or 2 spring onions, sliced
Salad dressing

Equipment

Chopping board and knife.

Method

1. Wash and prepare all the ingredients and place into a large bowl.
2. Add a salad dressing, if desired, and toss together.

Options

Use a range of fruit and vegetables in your salad, e.g. different lettuce, red onion, apple, carrot and sweetcorn.

Why not make your own dressing? Shake 1 x 15ml spoon (1 Tablespoon) vinegar or lemon juice, 2 x 15ml spoons (2 Tablespoons) oil and a pinch of pepper and mustard in a screw top jar or whisk in a cup.



Nutrition Information

Simple Salad	per 100g	per recipe	per portion ($\frac{1}{3}$ recipe)
Energy (kJ)	63.3	469	156
Energy (kcal)	15	112	37
Protein (g)	1	5.7	1.9
Fat (g)	0.3	2.5	0.8
of which saturates (g)	0.1	0.6	0.2
Carbohydrate (g)	2.4	18.1	6.0
of which sugars (g)	2.4	17.8	5.9
Fibre (g)	1.0	7.4	2.5
Sodium (mg)	6	44	15
Salt (g)	0.0	0.1	0.0

Calculation includes dressing.

Notes

Key Messages

Healthy eating

- Be adventurous with salad vegetables and try ones you have never tasted before to increase the variety in your diet.

Money

- Add some canned vegetables, such as sweetcorn, and look for vegetables in season as these will be cheaper.

Food safety

- Always wash salad vegetables to remove dirt and peel when necessary.