

# Summer Salad

Choose lettuce and at least three of the following ingredients:

- Tomato (diced)
- Red, green, yellow pepper (de-seeded and sliced)
- Cucumber (sliced)
- Avocado (diced)
- Carrot (grated)
- Bean sprouts
- Red onion (sliced)
- Olives or gherkin (sliced)



## Method

Wash lettuce, shake off excess water and tear into pieces. Mix all ingredients in a bowl and chill slightly before serving. Serve with lemon salad dressing.

**Tip:** Add croutons to the salad for extra crunchiness (for recipe see Page 19).

# Winter Slaw

## Ingredients

Red or White Cabbage and at least 3 ingredients from list below:

- Carrot, grated
- Apple, diced
- Celery, chopped
- Red or green pepper, thinly sliced
- Parsley, chopped
- Raisins
- Sesame and sunflower seeds (lightly toasted)



## Method

Wash vegetables.

Finely slice the cabbage and place in bowl. Add remaining salad ingredients of choice.

Add dressing and mix well. Sprinkle with sesame and sunflower seeds. Garnish with fresh herbs or sliced spring onion.

## Dressing

Use a premade mayonnaise, supermarket mayonnaise or tangy lemon salad dressing (page 13)