



Quick put together salad

For quicker weight loss use all seasonal green salad vegetables.

- Salt and pepper

Ingredients

Main dish staples: one or more of the following

- tin of beans (mixed or single kinds, not baked)
- tinned salmon
- mackerel
- tuna
- chicken
- turkey
- marinated tofu

Veg: as many as desired

- green peppers
- cucumber
- celery
- spring onion
- mange touts
- courgettes
- radish
- cherry tomato
- broccoli
- spinach
- rocket
- fresh or dried herbs - parsley, dill, coriander, chives

Dressing options:

- 1tsp mayonnaise
- 2tsp plain yogurt
- 1 finely chopped spring onion

or

- 2tsp olive oil
- 1tsp lemon juice

or

- 2tsp toasted sesame oil
- 1tsp olive oil
- lemon juice
- soy sauce

or

- **2TBS french dressing**

Optional topping suggestions:

- toasted pumpkin seeds
- sunflower seeds
- sesame seeds
- cashews
- flaked almonds
- pecans
- pine nuts



Recipe developed by Sharyn Singer

Method



1. Choose one or more of the main dish staples, and put them into a bowl
2. Add as many veg and is desired
3. Choose one of the dressing options and splash over the dish
4. Top with chosen toppings and serve

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