



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

The Grange
Welford Road

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