

HEALTHY COOKING

▶ BASIC SIDE SALAD & DRESSING



SERVES 1

INGREDIENTS

Basic salad dressing

- ▶ 2 cups mixed lettuce leaves or baby spinach leaves
- ▶ 1 tomato, cut into wedges
- ▶ ½ avocado, sliced
- ▶ Cucumber, 5cm long piece, sliced

Basic salad dressing

- ▶ 25ml (5tsps) flaxseed, olive or avocado oil
- ▶ 25ml (5tsp) apple cider vinegar

Basic side salad: Toss all ingredients together and serve alongside your main meal

Basic salad dressing: Place both liquids in a 50ml bottle, drizzle 10ml over salad just before serving. Shake well before use.

Each serving:

Carbohydrate: 4.6g | Oil: 5ml

Tip: Double the recipe to take some for lunch the next day.