



Food for Life



Spring Salad



Ingredients:

1 head chicory
50 g. alfalfa and or radish sprouts
1 little gem lettuce
3 leaves of Swiss chard (or other dark green leaf e.g. spring green)
½ avocado
3 spring onions
1 tablespoon pine nuts
1 tomato

Preparation:

Break the outer leaves away from the chicory head and place around the edge of the bowl (as shown in the picture).
Rinse, dry and then chop or shred the lettuce and chard into small pieces. Lay the green leaves in the bottom of the bowl to act as a “bed” for the salad. Remove the skin from the avocado and cut the fruit into small pieces. Add these on top of the green leaves.
Loosely sprinkle the alfalfa and radish sprouts onto the green leaves and avocado.
Take scissors and chop the spring onions into 1 cm pieces over the salad. Chop the tomato into eight segments, possibly leaving a small area at the base still connected. Place this on the top of the salad.
Sprinkle with pine nuts.

Dressings:

Make a dressing to accompany the salad using any of the following:

Olive oil, lemon juice, black pepper, Real Salt™, unsweetened soya yoghurt, fresh herbs. (Avoid vinegar, mustard and honey).