



Salads and Salad Dressings

Broccoli Bob says:

Always remember to wash your hands before handling and preparing food!

One Pot Salads are a great alternative to sandwiches, rolls and baguettes in warmer weather for a snack or light meal. Use cooked pasta, diced cooked new potatoes, bulgar wheat, couscous or rice as a carbohydrate base.

Add seasonal vegetables of your choice, e.g. diced tomatoes, cucumber, peppers, drained tinned sweetcorn, grated carrot or courgette. Add some sweetness with diced apple, grapes, nectarine or segments of orange.

Add some cubed cheese, a drained tinned of chick peas or kidney beans, strips of ham or cooked chicken/turkey for protein. A handful of seeds, pumpkin, sunflower, sesame or pine nuts provide essential nutrients and a nutty texture.

Fresh herbs e.g. parsley, mint, basil will add flavour, then finally season lightly and add a few spoons of a dressing (see dressing ideas below) to lightly bind the ingredients. Serve in small bowls.

Make as an activity or put different ingredients in bowls and let children create their own salads. Encourage tasting of unfamiliar ingredients as you go along.

Simple Salad Dressing

Very quick and easy to make.

Ingredients:

3 x tbsp (15ml) Oil (olive)
1 x tbsp (15ml) lemon juice or white wine vinegar
x 5ml spoon of mild mustard
Pepper (pinch of black)

Equipment needed:

Measuring spoons and a plastic container

Method:

Place all ingredients into a plastic container, shake and pour over the salad.

Other ideas:

Use different oils, use lime juice or orange juice, instead of lemon. Try adding garlic and herbs.

Creamy Lemon Dressing

Ingredients:

3 tablespoons Greek style yoghurt
1 tablespoon low calorie mayonnaise
Zest and juice of 1 small lemon

Method:

Whisk all ingredients together, season and add as required to salad.

Apple Dressing

Ingredients:

1 tsp Cider vinegar or lemon juice
1 tsp Honey grain mustard or a mild mustard
4 tbs Cloudy natural apple juice
4 tbs Crème fraiche or greek yoghurt
2 tbs Mild olive oil or sunflower oil
1 tbsp Chopped fresh mint (optional)

Method:

Mix the lemon juice or vinegar and gradually whisks in all remaining ingredients, season and add as required to salad.

Honey Mustard Dressing

Ingredients:

Zest and juice of 1 orange
4 tbs of olive or sunflower oil
1 tsp honey mustard or mild grain mustard
1 tsp of runny honey

Method:

Mix all dressing ingredients in a screw top jar, season and shake well to mix.

Lemon and Basil Dressing

Ingredients:

4 tbs extra virgin olive oil
Finely grated zest and juice of 1 small lemon
1 clove garlic, crushed
2.5 ml/1/2 tsp runny honey
Small handful fresh torn basil leaves

Method:

Mix all dressing ingredients in a screw top jar. Season with salt and pepper, shake well to mix, set aside and pour over salad when ready.

