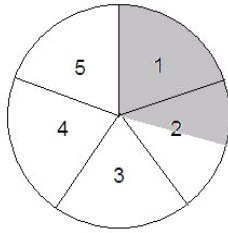


Salsa Salad

Serves 6-8

Portions of fruit & vegetables per serving: $1\frac{1}{2}$
Based on serving 6 people



Allergen information:
None present in this recipe.

Ingredients	Amount	Preparation
frozen or canned sweetcorn	1 small can (200g / 7oz)	
beetroot (cooked)	2 small	diced
iceberg lettuce	$\frac{1}{2}$	chopped into small pieces
tomatoes	2 small	chopped into small cubes
cucumber	$\frac{1}{2}$	chopped into small pieces
sweet peppers (different colours)	3 halves	diced
carrots	2 small	finely chopped or grated
lemon juice	2 teaspoons	

Please Turn Over



Method

- 1 If using frozen sweetcorn, cook according to the packet instructions, drain and leave to cool.
- 2 Mix all the vegetables together in a large bowl.
- 3 Stir in the lemon juice.
- 4 Serve.

25 calories		Per serving
Fat	LOW	0.3g
Saturates	LOW	0g
Sugars	LOW	4.0g
Salt	LOW	0.1g

■ HIGH
 ■ MEDIUM
 ■ LOW

Handy Hints

- This salad is a great side dish or as a dip with vegetable sticks, bread sticks or tortilla chips.
- Try making it for a barbecue, to serve with kebabs or burgers.
- Store in a refrigerator.

