

OUR FAVOURITE FAMILY SALAD

This salad has been evolved over the years. The dressing started with my Mother's recipe but even that has evolved as well. The trick is to chop everything small and then you get a wonderful blend of flavours with every fork or spoonful!

Ingredients

The ingredients are fairly flexible according to what you have in the fridge – be creative! But the basic ingredients are:-

Salad leaves of your choice

Red pepper

Cucumber

Spring Onions

Apple

Celery

Avacado if you have a ripe one around

Feta cheese

Nuts and/or seeds – I often use walnuts or pecan nuts, sunflower or pumpkin seeds

Fresh herbs – whatever you fancy- parsley, coriander, basil etc

Extras: My husband likes dried cranberries
 Lightly steamed French beans
 Lightly steamed asparagus
 Raw cabbage
 Grated carrot
 Hard boiled eggs

French Dressing

This dressing started as my Mother's recipe but has evolved since then. I don't really measure anything.....

Half Balsamic vinegar to half olive oil – say 150g – 200g each

A teaspoon of Dijon mustard

1 clove of garlic

Herbs of your choice – I often use oregano and/or basil and/or marjoram

Sugar/xylitol/honey/stevia to taste – start with a couple of teaspoons and go from there

Whiz all ingredients in a blender or using a stick blender

OR

Healthy Asian Dressing

2 Tablespoons raw apple cider vinegar

2 Tablespoons Tamari/organic coconut aminos

2 cloves of garlic, peeled and bashed

1 two inch piece ginger, peeled and chopped into smaller pieces

1 ¼ cups olive oil

Whizz all ingredients in the blender.