

Sensational seasonal salad



Here is a list of possible salad ingredients. They have been ordered according to the season when they are predominantly ready to eat, if they are grown in the UK. Select ingredients for the season you are currently experiencing. You may also wish to use ingredients from the 'Other ingredients' section.

Seasonal ingredients

Spring <ul style="list-style-type: none">boiled new potatoes, cold and chopped into small cubesspring onions, chopped finelycos lettuce or spinach, shreddedpeas	Summer <ul style="list-style-type: none">courgette, chopped or gratedtomato, choppedcooked beetroot, choppedonion, finely chopped
Autumn <ul style="list-style-type: none">carrot, peeled and gratedcucumber, choppedplums, slicedsweetcorn	Winter <ul style="list-style-type: none">pear, choppedapple, chopped (splash with orange juice to stop browning)red cabbage, shreddedcelery, chopped

Other ingredients

Olives, peppers, canned fruit, canned beans, cheese, hard boiled eggs, cooked meat, cooked pasta, cooked rice.

Dressings

Low fat plain yogurt, low fat mayonnaise low fat dressing, lemon or lime juice, a dash of vinegar, herbs, e.g. mint, basil, coriander, chives, parsley.

Equipment

Vegetable knife, chopping board, small bowls, spoons for serving and mixing.

Method

1. Choose and prepare the ingredients and place each one in a separate, small bowl.
2. Put together a small salad by choosing four ingredients – two or more of the ingredients should be seasonal the rest can be from the 'Other ingredients' list.
3. Place the ingredients in a mixing bowl and stir them.
4. Add a little dressing, yogurt or mayonnaise and some herbs.
5. Stir together and serve.

Handy hints:

- What about spring minty pea and potato salad? New potatoes, peas, spring onions and mint with a little low fat mayonnaise.
- What about a red summer salsa? Chopped tomatoes, beetroot and red onion with a sprinkle of chives or some torn basil.
- What about an all seasons green salad? Choose one or two green coloured ingredients from each season and mix them together.