

# Creating flavourful salads

1

Make a dressing with healthier fats



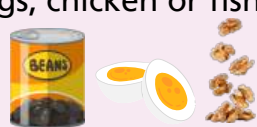
2

Pair it with salad ingredients of your choice



3

Add protein, e.g. pulses, nuts, seeds, eggs, chicken or fish



4

Consider adding whole grains



## Mediterranean salad

Make a simple dressing with:

- 1 teaspoon Dijon mustard
- 1 lemon, zest and juice
- 1 garlic clove, crushed
- 2 teaspoons dried mixed herbs or sumac
- 4 tablespoons seed oil or olive oil
- Black pepper and salt (optional) to taste

Try it with:



cucumber



tomato



parsley



red pepper



chickpeas



red onion



sunflower seeds



peach



feta



olives



spring onion



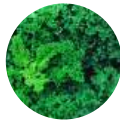
lettuce

## English autumnal salad

Make a simple dressing with:

- 2 tablespoons of apple cider vinegar
- 1 teaspoon English mustard (or Dijon)
- 3 tablespoons of seed oil or olive oil
- Black pepper and salt (optional) to taste

Try it with:



kale



rocket



shallot



broad beans



pear



walnuts



roasted squash



apple



chicken



goats cheese



pumpkin seeds



beetroot

Swap 1 or 2 tablespoons of oil for natural or Greek yoghurt for a creamier dressing.



## Asian sesame salad

Make a simple dressing with:

- 1/2 teaspoon of ground ginger
- 2 cloves of garlic
- 2 teaspoons of tahini (sesame seed paste)
- 1 lime, Juice and zest
- 3 tablespoons of seed oil or olive oil

Try it with:



spring onion



spinach



cucumber



edamame



cashews



carrot



oily fish



bell pepper



cabbage



peanuts



sesame seeds



avocado

## French mustard salad

Make a simple dressing with:

- 1 clove of garlic
- 2 teaspoons of Dijon mustard (or wholegrain mustard)
- 1.5 tablespoons of red wine vinegar
- 3 tablespoons of seed oil or olive oil
- Black pepper and salt (optional) to taste

Try it with:



cucumber



red onion



radish



egg



sweetcorn



tomato



green bean



new potato



lentils



blue cheese



spring onion



lettuce

Consider adding some whole grains to your salad and try experimenting with a minimally processed whole grain occasionally.



whole grain bread



whole grain cous cous



seeded rye crackers

### Minimally processed whole grains



bulgur



freekah



quinoa



buckwheat



millet



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