

Healthy Salads

When choosing ingredients consider the range of colour in the ingredients you choose. When preparing your salads you will need to think about safe knife skills using the bridge and claw grips.

REMEMBER!
Bring a suitable, sealable container to take it home in. E.g. a plastic food storage box with a clip lid.

Ingredients

Bring ingredients for **one** of the salads below.

Some of the ingredients can be changed based on your personal tastes.

Important!

If you choose pasta salad, the pasta needs to be cooked at home and brought in ready to eat.

Tuna Pasta Salad

150g pasta shapes (**MUST be cooked at home and brought in ready to eat**).

1 tin of tuna

$\frac{1}{4}$ cucumber

Dressing:

3-4 tbsp reduced fat mayonnaise

Plenty of freshly ground black pepper

Optional extras:

3 tomatoes

$\frac{1}{2}$ red, green or yellow pepper

1 small tin of sweetcorn

3 spring onions

Alternative recipes:

For a **vegetarian** version of this salad remove the tuna.

For a **meat** version of this recipe replace the tuna with cooked sliced ham.

Fruit Salad

Choose 4 or 5 of the following fruits:

1 apple

1 orange

1 pear

1 peach

1 kiwi

1 mango

1 pineapple

Approx. 100g strawberries, raspberries or blueberries

Small bunch grape

1 banana

Juice (to stop enzymic browning):

1-2 tbsp. lemon juice (+ 1-2tbsp sugar)

OR

Approx. 100mls orange/apple juice

REMEMBER!

You have not finished your practical until:

- ✓ Your washing up is clean, dry and put away in the correct place.
- ✓ You have checked your cupboard and drawer.
- ✓ Your teacher has checked your area.