

Honey Mustard Side Salad

Ingredients:

For the Salad:

- ❖ 2 cups of spinach
- ❖ 2 cups of rocket
- ❖ ½ a red onion
- ❖ ½ a red capsicum
- ❖ 1 large avocado
- ❖ Light Honey Mustard Dressing

Serves 4



Method:

To begin, thinly slice the red onion. Then peel the avocado, remove the pip and slice into small pieces. Combine spinach and rockets in a bowl and mix. Place spinach and rocket on serving platter. Top with onion and avocado. Finally drizzle with desired amount of light honey mustard dressing.

Nutritional Benefits:

Adding a side salad to your meals is a great way to increase your vegetable consumption. In Australia, we recommend that the average person should be consuming approx. 5 servings of vegetables each day to achieve optimal health. In addition the avocados in this recipe are full of all the good fats that, when consumed in moderation, have been proven to help lower the risk of cardiovascular diseases.