



## Salad Sensations!

### Pepper and Parsley Salad

Preparation Time: 10 minutes

Serves: 4

#### Ingredients:

- 3 Peppers, mixed colours
- A handful of baby tomatoes or 2 large sliced tomatoes
- 6 shallots - discard topmost leaf and obviously the base and chop finely
- A couple of spoonfuls of olives - black or green
- Half a block of Feta cheese
- Chopped parsley to taste
- Natural yoghurt - enough to lightly coat the ingredients
- Juice of a lemon or less if that suits your taste better. Prior to squeezing the lemon finely grate the zest, again as much as you want. Zest is the outer peel, so best if the lemon is not waxed. Try not to grate the pith, the white bit as this is bitter.

#### Method:

- Incorporate all the ingredients in a large bowl mix the yoghurt and lemon juice and zest together and coat the salad - then serve immediately!

## Carrot and Parsnip Salad

Preparation Time: 10 minutes

Serves: 4

### Ingredients:

- 2 carrots grated
- 1 parsnip grated
- 1 red onion diced
- 1 large tomato diced
- ½ cucumber finely sliced
- Coriander leaves to taste - you need to try out what suits you, so start small and work up
- Natural yoghurt

### Method:

- Incorporate all the ingredients in a large bowl and toss them in the yoghurt and coriander dressing~ then serve immediately!

## Not Quite Waldorf Salad

Preparation Time: 10 minutes

Serves: 4

### Ingredients:

- Salad leaves - a mixed bag is easy
- Scattering of walnuts - obviously from Not Just Nuts
- Blue cheese as much as you like - crumbled
- 2 tablespoons of olive oil
- 1 tablespoon of lemon juice

### Method:

- Incorporate all the ingredients in a large bowl and toss them in the dressing- then serve immediately!

## Apple and Celery Salad

Preparation Time: 10 minutes

Serves: 4

### Ingredients:

- 2 apples cored and sliced - skin or not as you wish
- 2 sticks of celery - washed, dried and sliced
- A handful or more of sultanas
- 2 tablespoons olive oil
- 1 tablespoon lemon juice

### Method:

- Incorporate all the ingredients in a large bowl mix together and coat the salad - then serve immediately!

## 3 Bean and Garlic Salad

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Serves: 4

### Ingredients:

- 3oz/75gms red kidney beans
- 3oz/75gms chickpeas
- 3oz/75gms haricot beans

### Method:

- Place the beans in bowls and give them a good swirl under running cold water - this will get rid of any dust etc
- Place in saucepans, pale beans can cook together - but cook the red beans separately or all the beans will be pink! Cover with plenty of fresh cold water and bring to a rolling boil
- After 10 minutes reduce the heat and continue cooking until the beans are tender, but still keep their shape (this is for the look of the dish more than anything, although if the skins are separating it may not be such a satisfying forkful!)
- Please make sure kidney beans are boiled for at least 10 mins, as they have a toxin which is poisonous, but is neutralized by this method - of course this does not apply to tinned kidney beans
- Drain the cooked beans, combine in serving bowl with the herbs, garlic and oil and serve!

And finally.....

Enjoy!

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