



Cranberry, Cashews and Feta Salad (Serves 5)

Ingredients:

Salad greens	5 cups
Toasted unsalted cashews	1 cup
Dried cranberries	1 cup
Cherry tomato	1 pack
Low fat feta cheese	100g
Honey or maple syrup	1 Tbsp
Balsamic vinegar	1 Tbsp



Methods:

1. Place salad greens into large serving bowl.
2. Sprinkle cashews, feta cheese and cranberries on top.
3. Drizzle honey/maple syrup and balsamic vinegar just prior to serving.

Nutrient Analysis (per serve):

Energy	Protein	Carbohydrate	Fat	Saturated Fat	Sodium
320 kcal	10.2 g	38.5 g	16.1 g	6.3 g	233 mg

Tips:

- Feel free to substitute greens, cheese, fruit or nuts with other fresh ingredients of your choice, the beauty of a salad is that it is very flexible and can accommodate everyone's preferences.
- This salad is full of healthy dietary fibre, antioxidants and healthy fats from the fruit, greens and nuts.
- To color the salad and make it attractive, try to add in some capsicum, beetroot or pumpkin which also provide extra antioxidants and nutrients for you.
- Using small quantities of vinegar and honey to dress the salad just before serving prevents the salad from going soggy. Vinegar and honey is also a much healthier dressing compared with commercial salad dressings which are typically high in fat.
- You can also mash the avocado and mix it with low fat plain yoghurt to prepare a creamy salad dressing.