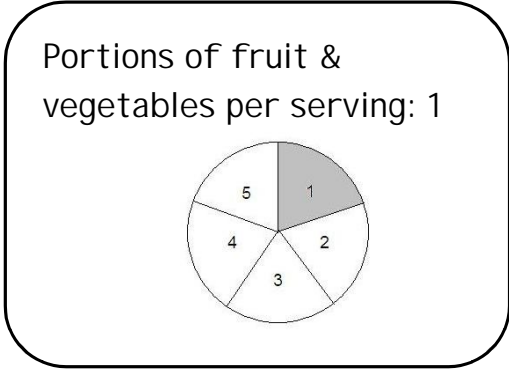


Salads and Vegetable Dippers



| Ingredients |
|---------------------|
| lettuce |
| tomato |
| cucumber |
| pepper |
| onion |
| Vegetables For Dips |
| peppers |
| cucumber |
| carrots |

Please Turn Over

Method for salads

Lettuce

- 1 Remove outer layer of lettuce and throw away
- 2 Either remove leaf by leaf or slice with a sharp knife
- 3 Wash in cold water
- 4 Drain in a colander
- 5 Dry with some kitchen roll or a salad spinner
- 6 Add to salad dish

Tomato

- 1 Wash in cold water
- 2 Remove stalk
- 3 Slice either into rounds or wedges (quarters or smaller)
- 4 Add to lettuce

Cucumber

- 1 Wash as much cucumber as you are going to use and either slice in rounds with skin on or remove skin (with knife or potato peeler) and slice.

Peppers

- 1 Wash pepper
- 2 Cut off stem and remove all seeds
- 3 Slice into circles or thin strips and add to salad

Onion: Spanish or Red

- 1 Chop off top and bottom ends and remove 1 or 2 outer layers of skin
- 2 Slice into circles and add to salad

Method for vegetable dippers

Peppers

- 1 Wash and dry
- 2 Cut off top, remove seeds and cut into long strips

Cucumber

- 1 Wash and dry, remove skin if desired
- 2 Slice into small stick shapes

Carrot

- 1 Peel the carrots and chop into small stick shapes

Handy Hints

- You could also add radish, celery, spring onions or carrots to salads.
- Use a dressing to add flavour. There are many low-fat varieties, or you could use balsamic vinegar, olive oil or 'salad sprinkles'.
- Possible choices for dips are hummus, salsa, guacamole or mint and yoghurt.