

POWER PLATE RULE:

Serve salad with a lean protein; e.g. 100g canned tuna, grilled fish, lamb or chicken, & 1–2 serves of a low GI carbohydrate food; e.g. 1 small wholegrain bread roll.

RECIPE CLASSIC MEDITERRANEAN SALAD

Serves 4

Ingredients:

- 1 punnet Cherry Tomatoes (250g) halved, or 4 chopped regular Tomatoes
- 2 Lebanese Cucumbers, diced
- 400g can Butter Beans (reduced salt), rinsed and drained
- 1 Red Onion, thinly sliced
- 1 Yellow or Red Capsicum, sliced
- 2 tbsp roughly chopped Mint
- 2 tbsp roughly chopped Flat-Leaf Parsley
- ½ cup pitted Kalamata Olives, halved
- 2 tbsp Extra Virgin Olive Oil
- ½ Lemon, juiced
- 1 tsp Dried Oregano
- 75g Reduced-Fat Feta, crumbled
- Pepper

Method:

1. Prepare ingredients.
2. Place the first 8 ingredients into a large bowl and toss to combine.
3. Mix olive oil, lemon juice and oregano in a bowl.
4. Add to salad, season with pepper and toss to coat.
5. Top salad with crumbled feta and serve.

Notes:
