Simple citrus salad

Preparation time

15 minutes

Serves

2

Recipe courtesy of

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This recipe featured in the 2017 Australia's Health Weight Week, APD Cookbook, created in collaboration with Dietitians Australia and Nutrition Australia, ACT.



Ingredients Method Nutrition

1 small celery stalk chopped

½ cup of cherry tomatoes halved

1 cup of kale, chopped

3 white button mushrooms, peeled and sliced

1 small cucumber, deseeded and sliced

1 medium peeled orange, segmented

¼ cup of almonds

¼ small red onion, finely chopped

½ cup of freshly squeezed orange juice

¼ avocado peeled, de-seeded, chopped

1. Combine all ingredients in a large bowl.
2. Toss well to ensure orange juice coats all salad items.
3. Tip: For cucumber slice lengthways and use a spoon to de-seed. Then slice cucumber.

Nutritional information is provided per serve

Engery	949kJ (227 calories)
Protein	9g
Saturated Fat	1g
Total Fat	11g
Carbohydrates	18g
Sugars	18g
Dietary Fibre	11g
Sodium	44mg