

Simple citrus salad

Preparation time

15 minutes

Serves

2

Recipe courtesy of

Rhea Balmaceda, Accredited Practising Dietitian (APD)

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