

Salad bar suggestions

Why not set up a salad bar for colleagues and provide a variety of protein options?

1. Pick your protein!

Pulses:

- Kidney, cannellini, borlotti, haricot or other beans (canned in water)
- Mixed beans (canned in water)
- Green lentils (canned in water)
- Puy lentils (ready to eat pouch)
- Chickpeas (canned in water)



Nut and seeds:

- Seeds – sunflower, sesame, pumpkin
- Nuts – walnuts, pecans, pistachios

Other:

- Tuna or salmon (canned in water)
- Cheese, reduced fat, grated
- Cottage cheese
- Eggs, boiled and peeled

Get creative - try these combinations!

- Kidney beans and tuna
- Cannellini beans and egg
- Puy lentils and salmon
- Pecan, pistachio and pumpkin seeds

2. Now add your fruit and vegetables

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| <ul style="list-style-type: none"> • Grapes, halved • Pomegranate seeds • Strawberries, sliced • Peaches (canned in juice), drained and chopped • Dried apricots, figs or sultanas | <ul style="list-style-type: none"> • Pepper, chopped • Carrot, grated • Spring onions, finely sliced • Red onion, finely sliced • Celery, chopped • Cherry tomatoes, halved • White or red cabbage, finely sliced • Cauliflower (raw), finely sliced florets • Sweetcorn (canned in water), drained |
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3. Sprinkle on some fresh herbs

- Dill
- Coriander
- Mint
- Basil
- Parsley

4. Drizzle on some dressing (optional)

- Vinaigrette, fat free or low fat
- Balsamic vinegar

Serving suggestion

Provide a selection of wholemeal bread to accompany the salad.

Share your salad bar creations on twitter @NutritionOrgUK #HEW22 or email them to us at postbox@nutrition.org.uk