

Summer Salads

When the weather gets warm, Sharon likes to give her children (Elijah, 9, Louise, 4 and Chelcie, 3) salads for lunch. Their favourite salad is with a boiled egg. You could try these stuffed celery sticks as an alternative snack or in a salad.



METHOD

1. Puree the apricots with the cream cheese
2. Then spread on the celery sticks
3. Cut into smaller pieces and pack in a container or bag.

Ingredients

- 3 ready-soaked dried apricots
- 6 tbsp cream cheese
- 2 sticks celery, trimmed



- Mixed salad with boiled egg (spinach leaves, watercress, sweetcorn, grated carrot, pine nuts, cherry tomatoes)
- Oat biscuits • Slice of melon
- Fromage frais • Bottle of water

TOP TIPS When making a salad, choose as many items as you like from the following;

- Lettuce or spinach leaves or watercress
- Beetroot
- Cherry tomatoes
- Sweetcorn (frozen or tinned with no added sugar or salt)
- Pine nuts
- Avocado
- Celery
- Sun dried tomatoes
- Cucumber
- Bean sprouts
- Herbs e.g basil, coriander, mint
- Beans e.g chick peas, butter beans (tinned with no added sugar or salt)
- Grated carrot
- Cress
- Spring onion
- Mushrooms
- Peppers (red ones tend to be sweeter)
- Fruit e.g grapes, dried apricots, sultanas, tinned pineapple (in juice not syrup)

Add something starchy (e.g a granary roll, potatoes or wholegrain bread) and a main filling (e.g chicken, egg, lean meat, tinned tuna (in spring water), prawns, cheese, tinned fish).

Instead of salad dressing or mayonnaise use lemon juice and vinegar.

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fri	1	_____	sun	17	_____
sat	2	_____	mon	18	_____
sun	3	_____	tue	19	_____
mon	4	_____	wed	20	_____
tue	5	_____	thur	21	_____
wed	6	_____	fri	22	_____
thur	7	_____	sat	23	_____
fri	8	_____	sun	24	_____
sat	9	_____	mon	25	_____
sun	10	_____	tue	26	_____
mon	11	_____	wed	27	_____
tue	12	_____	thur	28	_____
wed	13	_____	fri	29	_____
thur	14	_____	sat	30	_____
fri	15	_____	sun	31	_____
sat	16	_____			