

Together We Can
Healthy Recipes Made Easy

Salads

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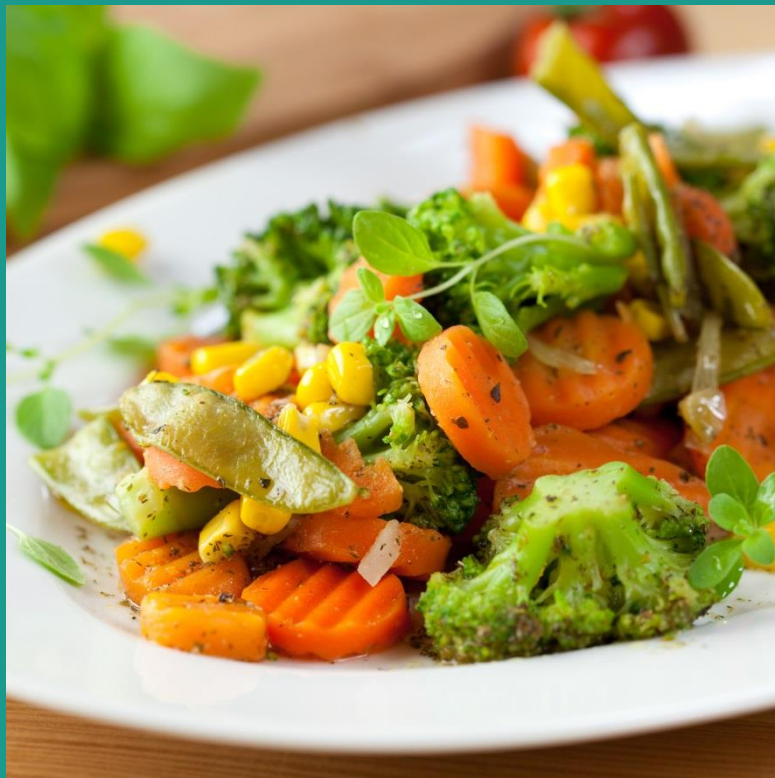
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Rainbow Salad

Ingredients

Serves 4	Serves 96
<i>225g (8oz) long-grain rice</i>	<i>1.3kg (3lb)</i>
<i>1 red Pepper</i>	<i>900g (2lb)</i>
<i>1 small onion</i>	<i>900g (2lb)</i>
<i>55g(2oz) Frozen sweetcorn</i>	<i>450g (1lb)</i>
<i>1 tablespoon Olive Oil</i>	<i>175ml (6fl oz)</i>

Method

Place the rice in a sieve and rinse under cold running water. Bring a pan of water to the boil, add rice, return to the boil. Stir once then reduce the heat, cover and simmer for about 11 minutes or until tender. Drain in a sieve and rinse with cold water, then allow to cool.

Seed and finely chop the pepper. Peel the onion and finely chop. Bring a small pan of water to the boil and add the pepper, onion, peas and sweetcorn. Bring to the boil and cook for 2 minutes. Drain and set aside to cool.

Combine all the ingredients in a large bowl and drizzle with olive oil.

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Fruity crunch Salad

Ingredients

Serves 4 Serves 96

175g (6oz) frozen sweetcorn	1.8kg (4lb)
250g (9oz) red cabbage	2.7kg (6lb)
1 bunch spring onions	5 bunches
225g (8oz) eating apples	2.7kg (6lb)
115g (4oz) sultanas	450g (1lb)
25ml (1fl oz) mayonnaise	350ml (12fl oz)

Method

Bring a small saucepan of water to the boil, add the sweetcorn, and bring back to the boil. Simmer for 2 minutes, drain and leave to go cold.

Wash and shred the cabbage finely, and put into a large mixing bowl. Trim the onions, discarding outside leaves then slice them finely. Wash and core the apples, and dice them. Add the onion and apple to the cabbage in the bowl, with cold sweetcorn and sultanas.

Mix all ingredients together with the mayonnaise.

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Apple and Orange Salad

This is one way of including fruit in your children's diet.

Ingredients

Serves 4		Serves 96
225g (8oz)	long-grain rice	2.25kg (5lb)
1	eating apple	12
1	orange	12
1 tablespoon	olive oil	175ml (6fl oz)

Method

Place the rice in a sieve and rinse under cold running water. Bring a pan of water to the boil, and add the rice. Bring back to the boil, then cook until tender, about 11 minutes. Rinse in cold water, drain well, and allow to cool.

Wash the apple, quarter and core, then dice or slice. Use a sharp knife to cut away the peel and pith of the orange, then roughly chop the flesh.

Put the rice in a large mixing bowl and stir in the apple and orange, drizzle with olive oil and serve.

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Coleslaw

Ingredients

Serves 4		Serves 96
250g (9oz)	red cabbage	2.7kg (6lb)
175g (6oz)	carrots	1.8kg (4lb)
2	tomatoes	1.3kg (3lb)
½	cucumber	6
110g (4oz)	dried apricots	900g (2lb)
1 tablespoon	mayonnaise	300ml (10fl oz)

Method

Finely shred the red cabbage and put into a large bowl. Peel and grate the carrots, add to the bowl.

Quarter the tomatoes and remove the seeds, then chop the flesh roughly. Split the cucumber lengthways and remove the seeds with a teaspoon. Cut into long strips then cut across to make fine dice. Chop the apricots into dice.

Add the tomato, cucumber and apricot to the cabbage and carrot with the mayonnaise, and mix well.

Green bean, carrot and rice salad

When you are thinking what to do with all those green beans in the garden, get the children to go and pick you some and make this dish.

Ingredients

Serves 4		Serves 96	
140g (5oz)	long-grain rice	1.6kg (3 ½ lb)	
175g (6oz)	carrots	2kg (4 ½ lb)	
140g (5oz)	green beans	1.6kg (3 ½ lb)	
1 tablespoon	olive oil	175ml (6fl oz)	

Method

Place the rice in a sieve and rinse under cold water. Bring a pan of water to the boil, add the rice and bring to the boil. Stir once then reduce the heat, cover and simmer for about 11 minutes or until rice is tender. Drain in a sieve and rinse under cold water. Leave to stand until cool.

Meanwhile, peel the carrots and cut into long strips, then cut across to make a small dice. Top and tail the green beans then cut each bean into three.

Bring a small pan of water to the boil and cook the carrots and beans for 2 minutes, drain through a sieve then run under cold water to retain the colour of the green beans.

Toss the rice and vegetables with the olive oil and serve.

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Bugsy's salad

The children named this recipe 'bugsy' because of the carrots. It can be made ¾ hours ahead of serving. Cover and chill.

Ingredients

Serves 4		Serves 96	
225g (8oz)	carrots	2.7kg (6lb)	
1	orange	12	
55g (2oz)	sultana's	450g (1lb)	
2 teaspoons	olive oil	6 tablespoons	
1 teaspoon	Wine vinegar	3 tablespoons	

Method

Peel the carrots and grate them thickly into a large bowl. Wash the orange, and grate the zest finely. Remove and discard the pith and chop the orange into chunks. Mix the carrot, orange zest and flesh and sultanas together in a bowl.

Whisk the oil and vinegar to make a dressing. Pour over the carrots, and turn lightly until well mixed together.

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California's salad

This salad is colourful with good texture and flavour.

You can prepare the tomato, cucumber and celery up to a day in advance, add the bananas, apple and mayonnaise just before serving.

Ingredients

Serves 4		Serves 96	
115g (4oz)	tomatoes	1.3kg (3lb)	
$\frac{1}{2}$	cucumber	6	
4 sticks	celery	2 Heads	
2	bananas	2.25kg (5lb)	
1	red apple	1.3kg (3lb)	
$\frac{1}{2}$	lemon	6	
1 tablespoon	mayonnaise	300ml (10fl oz)	

Method

Quarter the tomatoes and remove the seeds, then roughly chop. Cut the cucumber in half lengthways and remove the seeds with a teaspoon. Roughly chop. Cut the celery into thin strips then cut across in fine dice. Set aside in a large bowl.

Peel the bananas and roughly chop. Quarter, core and roughly chop the apple. Put the apple and banana into a small bowl and toss in the lemon juice.

Add the bananas and apple to the remaining ingredients and toss together with the mayonnaise.

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Pasta and Sweetcorn Salad

There is something about pasta and sweetcorn together that children love.

Ingredients

Serves 4 Serves 96

225g (8oz)	tricoloured pasta	2.7kg (6lb)
175g (6oz)	frozen sweetcorn	2kg (4 ½ lb)
1 tablespoon	olive oil	175ml (6fl oz)

Method

Bring a large pan of water to the boil, add the pasta and bring back to the boil. Reduce the heat and cook for about 10 minutes or until the pasta is al dente. Drain through a sieve, rinse with boiling water and allow to cool.

Bring a small pan of water to the boil and cook the sweetcorn for 2-3 minutes, then drain.

When the sweetcorn and pasta are cool, mix together in a large bowl and drizzle with the olive.

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