



Dinner Recipe:

Rainbow salad (serves 4 – 6 people)

Remember that eating a healthy balanced diet is important for wellbeing and can help you to feel the best you can!



This salad is a great source of vitamin C. Vitamin C can be good for healthy bones, teeth and gums.

Confident

Ingredients:

150g of broccoli, 150g of French beans, 100g of frozen peas, 1 small red onion, 2 tablespoons of vinegar, 1 lettuce, 1 red, yellow or orange sweet pepper, 1 ripe avocado (optional), 2 tsp of olive oil or any vegetable oil, 125g of canned sweetcorn, 50g low-fat natural yoghurt

Method:

1. Wash and chop up the broccoli in to bite-size chunks.
2. Wash and top and tail the beans then cut into half.
3. Steam the broccoli, beans and frozen peas for 2-3 minutes.
4. Mix the vinegar, oil and yoghurt.
5. Drain and rinse the sweetcorn.
6. Slice the onion, lettuce, peppers and avocado if using.
7. Mix all ingredients together and enjoy!



Remember eating a balanced diet is just one part of maintaining good health and feeling 100%.

WANT TO
FEEL 100%?