

LIVELIGHTER SALAD BUILDER

Create delicious, healthy salads to help you LiveLighter®!

CHOOSE MOST

At least half your salad bowl should be filled with the following ingredients.

LEAFY GREENS

These form the foundation of your salad. Place them at the top of your lunchbox to keep them crisp.

FRUIT AND VEG

Have these raw, cooked or canned and choose a variety of colours. Go for at least two serves of veg. One serve of veg is 75g – that's about one cup raw or half a cup cooked.



Baby spinach



Rocket



Iceberg



Mixed greens



Cabbage



Tomato



Celery



Cucumber



Beetroot



Pumpkin



Carrot



Apple/pear



Orange



Capsicum



Broccoli



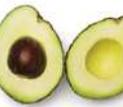
Snow peas



Alfalfa sprouts



Mushroom



Avocado*



Onion

CHOOSE SOME

Choose one portion from each group. These ingredients will transform your salad from a side dish to a main meal but make sure the veg are still the hero.

GRAINS AND CEREALS

Keep this to under ½ cup, and try to choose wholegrain varieties.



Pasta/noodles



Brown rice



Couscous



Quinoa



Corn

MEAT AND MEAT ALTERNATIVES

These will make your salad more satisfying. Choose a lean, skinless portion about the size of your palm (approx. 80-100g).



Fish



Lean chicken



Egg



Lean meat



Beans

ADD A LITTLE

These optional extras add excitement to your salad.

CRUNCHY BITS

Crunchy additions for extra texture.



Home-made croutons



Seeds*



Pita chips



Nuts*



Sprouted beans

BURSTS OF FLAVOUR

Use for a small dose of big flavours.



Sundried tomatoes*



Olives*



Fresh herbs



Reduced fat tasty cheese*



Dried fruit*

DRESSING

Store in a separate jar and add to your salad at the last minute to keep it fresh.



Balsamic vinegar + olive oil*



Low fat yoghurt with herbs



Fresh lemon or lime juice



Commercial/home-made Low fat dressing*



Sweet chilli sauce*

Supported by



*Use sparingly as these ingredients can be high in salt, fat and/or sugar
© State of Western Australia 2013-2014, reproduced in Victoria with permission.



livelighter.com.au

SOME OF OUR FAVOURITES

Jewelled couscous salad

Preparation time: 10 minutes / Serves: 1

Ingredients

- ▲ ½ cup baby spinach leaves, washed and dried
- ▲ ½ medium celery stick, finely sliced
- ▲ ½ medium carrot, peeled and chopped into small cubes
- ▲ ½ cup broccoli florets, lightly steamed
- ▲ ½ cup cooked couscous
- ▲ 90g cooked chicken breast, chopped
- ▲ 1 tablespoon slivered almonds
- ▲ 1 tablespoon dried cranberries or fresh pomegranate seeds
- ▲ 1-2 teaspoons of reduced fat salad dressing, optional

Method

Mix together all ingredients except dressing (if using).
Add dressing just before serving.



Asian slaw with sweet chilli tuna

Preparation time: 10 minutes / Serves: 1

Ingredients

- ▲ ½ cup cabbage, finely sliced
- ▲ ½ medium carrot, peeled and grated
- ▲ ½ medium celery stick, finely sliced
- ▲ 3 snow peas, topped & tailed and finely sliced
- ▲ ¼ medium apple, finely sliced
- ▲ ¼ cup cooked brown rice
- ▲ 90g can tuna in sweet chilli sauce

Method

Mix together vegetables, apple and rice. Add tuna just before serving.

Hint Squeeze a little lemon juice on the apple after slicing to prevent browning, or slice it up at the last minute.



Fiesta salad

Preparation time: 10 minutes / Serves: 1

Ingredients

- ▲ ½ cup iceberg lettuce, shredded
- ▲ 3 cherry tomatoes, halved
- ▲ ⅓ medium capsicum, seeded and chopped
- ▲ ¼ medium Lebanese cucumber, chopped
- ▲ 1 slice red onion, chopped
- ▲ ¼ avocado, chopped
- ▲ ¼ cup no-added-salt canned corn, drained and rinsed
- ▲ ½ cup no-added-salt canned kidney beans, drained and rinsed
- ▲ 1 tablespoon coriander leaves, chopped
- ▲ 1 lime wedge

Method

Mix together all ingredients except lime. Squeeze lime over salad just before serving.



Supported by



© State of Western Australia 2013-2014, reproduced in Victoria with permission.



livelighter.com.au