



## Healthy Side Salad Recipe

My family and I ate all sorts of versions of this salad throughout my childhood. This healthy side salad recipe is a staple in my home with my partner now and is crunchy, colourful and delicious.

The fresh vegetables are a treat alongside any meal. You can add other vegetables to jazz it up from time to time so that you're not always eating the same thing. Those can include lettuce or baby spinach.

I wanted to publish this recipe so that the basic staple version of the salad would

be included. It's also fine to make without capsicum and substitute with carrot if you wish. I love how colourful this salad is and you can see below how fast and easy it is to make.

## Ingredients

- Cucumber x 1
- 1 small red (purple) onion
- capsicum x 1
- Tomato x 1
- Drizzle of olive oil
- Salt & pepper
- *Optional ingredients:* 1 clove of garlic, shredded carrot, lettuce or baby spinach, your favourite herbs

## Method

1. Chop vegetables.
2. Season with olive oil, salt, pepper, garlic (optional), herbs (optional) and mix.
3. Enjoy ☐

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