

Green Salad



A quick and tasty salad perfect served with any dish.

 Serves: 4 people

 Prep times: 15 mins

 Cook times:

 Difficulty: Easy

Ingredients

- 1 large cucumber
- 1 capsicum
- 4 tomatoes
- 1 baby cos lettuce
- 1 cup baby spinach
- 1 lemon, juiced
- 3 tablespoons olive oil

Method

1. Dice the cucumber, capsicum and tomato and place in a large bowl.
2. Roughly chop the lettuce and add to the bowl along with the baby spinach.
3. To make the dressing, combine lemon juice and olive oil in a small bowl. Pour the dressing over salad and toss just before serving.

Notes

- Green salad is an easy way to add extra vegetables to your meal. Serves as a side with fritters, Bolognese or curries.

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This recipe was developed for the [Cook Well, Eat Well](#) project.

Brought to you by VicHealth and Nutrition Australia Vic Division, Cook Well Eat Well helps Victorians create healthy meals at home during the Coronavirus (COVID-19) pandemic. Over 25 community organisations across Victoria were engaged to help shape Cook Well, Eat Well, and its content.