

Rainbow salad jars



Serves 2

Ingredients

- ½ red capsicum, diced or 4 tomatoes, sliced*
- ½ carrot, grated*
- ½ cup cooked corn kernels*
- ½ cup finely sliced red cabbage*
- ½ cucumber, seeded and sliced into thin strips*
- ½ cup finely sliced lettuce*
- 2 tablespoons vinaigrette*

Method

1. Layer capsicum in the bottom of a glass jar. Top with carrot, corn kernels, cabbage and cucumber.
2. Finish with lettuce and serve with vinaigrette.






Variations

- Add ¼ cup cooked rice or quinoa in the bottom of each jar to create the first layer.
- Use roasted chopped pumpkin or kūmara in place of grated carrot.
- Use roasted chopped beetroot in place of grated beetroot.

Tips

- Choose vegetables that are in season and readily available to reduce the cost of the recipe.
- Place heavy vegetables, such as cooked kūmara, at the bottom of the jar and layer light vegetables, such as bean sprouts and baby spinach, on top.

Equipment

-  Cutting board and knife
-  Measuring cups
-  Measuring spoons
-  Spoon
-  2 glasses or jars

Preparation and cooking skills

Dice, grate, slice.

Nutrition

- Each different coloured vegetable contains different nutrients that are good for your health. To make sure you eat all the different nutrients, it's important to eat a 'rainbow' of coloured vegetables every day.