

Fruity Salad Pot with Red Chard Worms and Cucumber Flowers

CHEESE MAKES A
Difference

to
Summer
Salads



Serves 1 | Prep time: 10 min | Cooking time: none



Fruity Salad Pot with Red Chard Worms and Cucumber Flowers

THIS TASTY SALAD POT INTRODUCES AN ELEMENT OF FUN IN ORDER TO ENCOURAGE CHILDREN TO EAT AND ENJOY VEGETABLES. THE CHEESE IN THE SALAD IS A SOURCE OF CALCIUM, WHICH IS NEEDED FOR NORMAL GROWTH AND DEVELOPMENT OF BONES. THE SWEET APPLES AND CRANBERRIES COMBINED WITH THE REFRESHING CRUNCH OF THE SALAD ARE SURE TO PROVE A HIT WITH YOUNG ONES.

INGREDIENTS

Big handful of bagged salad (lamb's lettuce and red chard)

25g Cheshire cheese

½ large apple

¼ large cucumber

1tbsp raisins or dried cranberries

Drizzle of olive oil (optional)

Lemon juice (optional)

METHOD

1. Crumble the Cheshire.
2. Thinly slice the apple.
3. Make red "worms" by cutting the red chard stalks into strips (unless already prepared in the bag). Peel the cucumber and cut it into flower-shaped pieces and sticks.
4. Mix together the cheese, apples, salad leaves, chard worms, dried fruit, cucumber sticks and flowers.
5. Add a drizzle of olive oil and squeeze of lemon juice, if dressing required.

NUTRITIONAL ANALYSIS PER SERVING (APPROXIMATE)

203kcal | 7.7g protein | 26g carbohydrate of which 26g sugars | 8.1g fat of which 4.9g saturates | 4.2g dietary fibre
| 186mg sodium equivalent to 0.5g salt | 176mg calcium | 176mg phosphorus | 0.2µg vitamin B₁₂

