

WEEKS OF SUMMER

GOOD-FOR-YOU SUMMER SALADS

Watermelon Salad

Sweet and slightly salty, this fresh and delicious salad is perfect for a summer lunch or side dish!



Ingredients

3 tbsp olive oil
150 g cherry tomatoes in different colours
2 tbsp white wine vinegar
900 g watermelon, cubed or scooped with a melon baller
2 tbsp chopped mint
2 cups arugula
1/2 tsp kosher salt
120 g feta, crumbled

Directions

1. To make the dressing, mix the olive oil, vinegar, and mint. Season to taste, if needed.
2. Slice the larger tomatoes in half. Add the tomatoes and watermelon to a bowl.
3. Pour the dressing over the fruit and gently stir. Let stand for at least 10 minutes.
4. Sprinkle crumbled feta over top and serve.
5. Makes 8 servings.

Nutrition Info Per Serving: Cal 131 | Fat 8.4g
Carb 12.4g | Protein 3.3g | Fibre 3g | Sodium 215mg

Fibre Punch Pasta Salad

Boost your vegetable and fibre intake with this healthy and delicious pasta dish.



Ingredients

1 box (375 g) whole wheat pasta, uncooked
1 medium onion, diced
2 cups grape tomatoes, cut into halves
2 cups portobello mushrooms, chopped
1/2 cup fresh basil, chopped
1 bunch of asparagus, chopped into 1-inch pieces
1/2 cup garbanzo beans or white beans
4 cloves garlic, crushed
6 tbsp extra virgin olive oil
1 tbsp ginger, minced
1 cup sliced almonds
Parmesan Cheese

Directions

1. Cook pasta according to the package directions.
2. Mix tomatoes, basil, and 2 tbsp oil in a bowl.
3. Sauté onions in oil for 2 minutes. Add almonds, mushrooms, beans, and asparagus and cook for 6 minutes or until asparagus is tender, but crisp.
4. Add garlic and ginger and sauté for another 1-2 minutes. Season to taste.
5. Add cooked pasta and sautéed vegetables to the bowl with tomatoes. Stir gently to combine. Serve topped with Parmesan cheese.
6. Makes 6 servings.

Nutrition Info Per Serving: Cal 486 | Fat 23g | Carb 60g
Protein 18g | Fibre 11g | Sodium 271mg