

Summer Salads

The summer months are the ideal time to eat more fresh fruit and vegetables. There are lots of yummy fruit and veg in season at this time in Ireland, including strawberries, raspberries and mushrooms. Eating fruit and veg in season is better for the environment and tastes yummy.

Top tips to help you eat more fruit and vegetables

- › Try starting your day the healthy way by adding some fresh or dried fruit into your porridge or cereal. Alternatively try including some grilled tomatoes, mushrooms or baked beans to your savoury breakfast.
- › Plan ahead and make a salad or homemade soup for your lunch. Try including vegetables of various colours to your salad. Soups are a great way of getting beans and pulses into your diet.
- › Including a small side salad with your main meal provides an opportunity to up the amount of fresh vegetables you eat.
- › Have fruit and vegetables washed and ready to eat. Peel and chop some carrots, celery or peppers and store in the fridge. Grab them as a healthy snack to dip into hummus or almond butter.



Summer Salad Inspiration

Apple, Spinach & Walnut Salad

Ingredients:

(dressing)

- › 1/3 cup of olive oil
- › 1 tablespoon of fresh lemon juice
- › 2 tablespoons of apple cider vinegar
- › 2 teaspoons of Dijon mustard
- › 1 clove of garlic, crushed
- › Salt & pepper to taste

(Salad)

- › 3 Cups of fresh spinach leaves, washed with stalks removed
- › 2 Cups of cooked quinoa
- › 1 1/2 Cups of chopped red apples
- › 1 Red or yellow pepper, chopped
- › 1/3 Cup of dried cranberries, chopped
- › 1/3 Cup of crumbled goats cheese
- › 1/2 Cup of chopped walnuts

Method:

1. To make the dressing, combine the olive oil, lemon juice, apple cider vinegar, maple syrup, mustard, garlic, salt and pepper in a bowl.
2. Ensure the cooked quinoa has cooled fully before adding the spinach, apples, pepper, cranberries, goat's cheese and walnuts into a large bowl.
3. Toss gently until mixed well.
4. Drizzle with the salad dressing before tossing again.
5. Serve.

Caprese Salad

Ingredients:

- › 4 Large ripe tomatoes, washed & sliced 1/4 inch thick
- › 1 Pound of fresh mozzarella cheese, sliced 1/4 inch thick
- › 1/3 Cup of fresh basil leaves
- › 3 Tablespoons of extra virgin olive oil
- › Salt to taste
- › Freshly ground black pepper to taste

Method:

1. On a large platter, alternate and overlap the tomato slices, mozzarella cheese slices, and basil leaves.
2. Drizzle with olive oil.
3. Season with sea salt and pepper.



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