

Fresh Summer Salad



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PREP TIME: 10 min **SERVES:** 6 as a side **DIFFICULTY:** Easy

Ingredients

1 x 60g bag baby Cos or rocket

½ cup tightly packed finely shredded red cabbage

¾ cup finely shredded kale

1 carrot cut into thin strips

200g heirloom cherry tomatoes, halved

1 stick celery, cut into thin strips

1 small red onion, thinly sliced

2 tablespoons toasted pepitas

DRESSING

2 tablespoons red wine vinegar

2 teaspoons Dijon mustard

2 tablespoons olive oil

Freshly ground black pepper

Method

1. Combine salad vegetables and pepitas into large salad bowl and toss to mix well.
2. Combine dressing ingredients into a screw top jar and shake to mix well. Pour over salad and toss to coat evenly. Serve immediately.

Nutritional profile per serve

Energy	450kj
Protein	3g
Carbohydrate	4g
Fibre	3g
Sodium	75mg (low)
Potassium	340mg (high)
Phosphate	95mg (low)

This recipe is suitable for everyone with kidney disease.

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