

Dressing key to tasty salad

The key to a good salad is the dressing. A good dressing brings all the salad flavours together. Vinaigrette dressings have four simple ingredients: oil, mustard, honey or sugar and an acid, either lemon juice or vinegar. All the ingredients need to be in harmony, not too sweet, not too sour and definitely not too oily. To make different vinaigrettes try other types of vinegar or mustard for each salad. Like wholegrain or a dijon mustard. There are many different types of vinegar: white, red wine and even raspberry. The small investment you make in these ingredients will make a lot of yummy, healthy salads.



Kumara and pineapple salad with orange dressing

(Serves family of 4 for side salad)

Ingredients

Good oil e.g. canola or soybean	1 tablespoon
Kumara - peeled & diced 1 inch cubes	2 medium
Sunflower seeds	2 tablespoons
Pineapple - peeled & diced 1 inch cubes	1/2
Dried apricots - sliced	3 tablespoons
Orange	1

Tip!
Sunflower seeds add extra fibre to a salad and are a good source of omega 6.

Method

1. Toss diced kumara in a little olive oil and roast in the oven for 25 minutes at 170°C or gas mark 6.
2. Roast the sunflower seeds with the kumara for the last ten minutes.
3. When the kumara and the seeds are roasted, allow to cool a little and then add the pineapple.
4. Add the diced apricot.
5. Peel and dice one orange and add to the salad.

For the dressing

Ingredients

Juice from oranges	3 oranges
Juice from lemon	1/2 lemon
Wholegrain mustard	1 tablespoon
Good oil e.g. canola or soybean	3 tablespoons

Tip!
Kumara are really good for you - they are low GI, high in fibre, vitamins and minerals.

Method

1. Juice the oranges into a small pot; then reduce over a moderate heat until you get a thick syrup.
2. **Don't leave unattended on the stove and burn the orange syrup.**
3. When you get a thick consistency take off the stove and add the lemon juice.
4. Add the mustard, honey and olive oil and mix well.
5. Pour over salad, mix well and leave to marinate for at least 15 minutes.