

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.



Smoked chicken and pasta salad

(Serves family of 4 for lunch)

Ingredients

Pasta	1 cup uncooked
Cooked smoked chicken	300 grams, remove skin and fat
Carrot - grated	1
Capsicum - finely diced	1/2
Snow pea sprouts - chop into 3	1/4 pack
Cabbage – finely chopped (red is preferred or white)	1/3 cup
Tomato - diced	1
Avocado - diced	1/2
Sun dried tomatoes – chopped small	6
Cucumber - sliced or diced	1/4 cup
Parsley - chopped	2 tablespoons
Bean mixed combo	1/4 bag

Tip!

If you don't want to put all of these ingredients in the salad, you can stick with the base ingredients of pasta, carrot, mixed beans, avocado, tomato, cold chicken and dressing. This will help to keep the cost down.

Method

1. Cook pasta according to packet directions in plenty of boiling water and cool by rinsing under cold water.
2. Let the pasta drain dry for several minutes and shake off any excess water.
3. Place vegetables, mixed beans and parsley in large bowl then add the cooked pasta.
4. Slice cooked chicken finely then add to pasta and vegetables.
5. Pour dressing over mixture and mix all ingredients well together, then serve.

For the dressing

Ingredients

Red wine vinegar	1 tablespoon
Honey	2 teaspoons
Mustard dijon	1 teaspoon
Olive oil	4 tablespoons

Method

Put all dressing ingredients together in a screw top jar and shake well.

Tip!

When adding dressing to salads try to dry off as much excess water from washed ingredients, so as not to water down the added dressings.