

Green Salad

Crisp crunchy (U.K.¹) green stuff.

Ingredients

- 1 green pepper (capsicum).
- 1 red pepper (capsicum).
- 125 g button mushrooms
- 1 sticks celery
- 1 **FAIRTRADE** green apple
- 1 large carrot
- 1 lettuce
- 6 spring onions or 3 french onions

In a small mixing bowl or measuring jug mix together:

- 30 ml **FAIRTRADE** lemon juice
 - 30 ml Zaytoun Palestinian **FAIRTRADE** Olive Oil.
 - 5ml english mustard
 - Salt and **FAIRTRADE** ground pepper to taste
- and pour over the green salad.

Variation 1b

Use Zingy Dressing.²

Method

De-seed and remove the pith from the peppers, chop.

Remove any undesirable parts of the mushrooms.

Top and tail the celery and chop small-ish.

Remove the core from the apple and chop.

Peel the carrot and slice finely.

Tear up 3 or 4 lettuce leaves into small pieces.

Top and tail the onions and cut into fine slices.

Place all of the ingredients into a mixing bowl and toss well.

Eat.

Variation 2

Add 225 gm cooked **FAIRTRADE** pasta³.

Variation 3

Add cooked chicken nuggets⁴ to make chicken salad.

Variations

Variation 1a - salad dressing.

Add a salad dressing:

¹<http://www.fairtradecookbook.org.uk/countries/england.htm>

²http://www.fairtradecookbook.org.uk/recipes/zingy_dressing.htm

³http://www.fairtradecookbook.org.uk/recipes/pasta_basics.htm

⁴http://www.fairtradecookbook.org.uk/recipes/Chicken_Nuggets.htm