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BARBEQUE SALADS (V)

These three super-simple Barbecue Salads provide easy fork-food that looks great and is nutritious too.

(Calories per portion are difficult to calculate so calories for the ingredients are given as a guide)

CARROT & SULTANA SALAD

Raw carrot (10 cal per 25g)
Sultanas (30 cal per 10g)

Peel and grate fresh carrots and place in a bowl and mix in some sultanas. Keep in a closed container in the refrigerator until ready to serve to enable the sultanas to plump up (allow at least two hours).

FRESH BEETROOT AND SULTANA SALAD

Raw beetroot (11 cal per 25g)
Sultanas (30 cal per 10g)

Peel and grate fresh beetroot and place in a bowl and mix in some sultanas. Keep in a closed plastic container in the refrigerator until ready to serve to enable the sultanas to plump up (allow at least two hours).

RED KIDNEY BEAN AND SWEETCORN SALAD

Red kidney beans (60 cal per 70g)
Canned Sweet Corn (40 cal per 50g)

Rinse the contents of a can of red kidney beans in cold water in a colander and drain. Place in a large bowl. Drain the juice from a can of sweetcorn (reserving the juice for use in gravy etc). Mix the sweetcorn and the red kidney beans together and serve in a large bowl.

