

CRUNCHY PEPPER SALAD

Similar to a stir-fry but served with raw vegetables this makes a substantial and highly nutritious and satisfying lunch.

Serves 1

Per serving: 100 calories, 0.2g fat approx. (excluding accompaniments)

Prep time: 5 mins

Cook Time: none

INGREDIENTS

½ red pepper, coarsely chopped
½ yellow pepper, coarsely chopped
½ green pepper, coarsely chopped
½ red onion, finely chopped
2 sticks of celery, chopped
2 fresh mushrooms, chopped
A few sprigs of fresh coriander
Soy sauce

METHOD

1. Assemble all the ingredients on a plate and dress with soy sauce or a low-fat dressing of your choice.
2. Serve with either cold baked beans or your choice of cottage cheese, wafer thin ham, beef or chicken, canned tuna in brine or sardines.

