

# Superhero Salad bowl

GREEN ACT/SA / Everyday NSW

**Makes 6 large salad bowls  
Or 8 regular salad bowls**

## Ingredients:

- 2 cups raw beetroot, shredded
- 2 cups kale, chopped finely
- 2 cups carrot, shredded
- 2 cups of sweet peas
- 2 cups of corn kernels
- 6 cups of mixed leaves
- 1.5 x 400g can of chickpeas, drained and rinsed
- 2 punnets cherry tomatoes, halved

## Dressing

- 1 cup fresh lemon juice
- ¼ cup olive oil
- Pepper to taste

## Topping

- ¼ cup seeds (linseed, pumpkin or sunflower)

## Method:

1. Combine all salad ingredients into a large bowl
2. Combine the dressing ingredients and stir through salad ingredients
3. Separate into 6 or 8 serving bowls
4. Top with a sprinkle of the seeds

## Variations:

- if sesame is not restricted for use in the school, try adding ¼ cup tahini with 1 cup of lemon for an amazing dressing.
- If sesame is not restricted for use in the school, sprinkle with sesame seeds and/or poppy seeds.
- If time permits, try sectioning the ingredients into individual bowls (see picture).
- Adding a grain food like quinoa or couscous further adds to the appeal of this salad.

## Nutrition information:

	Per serve (400g) large	Per 100g
Energy (kJ)	1308	322

<b>Protein (g)</b>	11.4	2.8
<b>Fat – total (g)</b>	16	3.9
<b>Fat – saturated (g)</b>	2.3	0.6
<b>Carbohydrates – total (g)</b>	25.4	6.3
<b>Carbohydrates – sugar (g)</b>	12.7	6.3
<b>Sodium (mg)</b>	349	86
<b>Fibre (g)</b>	10.8	2.7