

Salad Jars with Honey Mustard Dressing



Recipe makes: 2 salads

Prep time: 10 minutes

Ingredients

2 Tbsp Honey & Mustard dressing
4 cherry tomatoes, chopped
1/2 cucumber, sliced
1/2 medium red onion, sliced
1 medium stalk of celery, chopped
1 large spear asparagus, tough ends trimmed, remainder chopped
1/2 medium red pepper, sliced
1/2 medium carrot, peeled and chopped
1 large mushroom, sliced
4 baby corn, drained
1 cups romaine lettuce, chopped
Black pepper to taste (optional)

Directions

- 1 Add the dressing to the bottom of each jar.
- 2 Layer the tomatoes, cucumbers, onions, celery, asparagus, peppers and carrots in each jar.
- 3 Top with the mushrooms, baby corn and lettuce. Season with black pepper if desired.
- 4 Seal jars with lid. When ready to eat, tip the jar upside down (with the lid still on) and allow the dressing to run down to cover the vegetables at the top of the jar.
- 5 Open the lid and enjoy!

Serving Suggestion

Add any permitted vegetables that you like, but keep the crunchier vegetables at the bottom near the dressing and the softer vegetables near the top to prevent sogginess.

Top Tip

Prepare in advance and store in fridge overnight.

Nutrition Info Per Serving (1 salad):

Calories: 90 | Protein: 3.3 g | Phenylalanine: 89 mg

Please check the suitability of this recipe for you with your healthcare professional.

Metabolic Pro database was used for the nutrition analysis.

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