

Recipe makes
2 servings

Prep time
10 minutes



NUTRITION INFO PER SERVING (1 salad)

Calories 90

Protein 3.3 g

Phenylalanine 89 mg

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 Add coated Vitabite® chunks to the dough.

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.

This recipe is suitable for a protein restricted diet. Be sure to check with your healthcare professional before making changes to your diet.

This recipe was analyzed using HowMuchPhe.org. The nutrition information could change depending on the brand of the product you choose and should only serve as a guideline. Always check the nutrition label of any product substitution to ensure it is suitable for you. Refer to labels for allergen information and suitability.

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