



Recipe Tip:
Pita Chips - Spray flat bread with olive oil spray, sprinkle with salt, pepper & paprika. Bake 10 mins @ 190°C.

Rainbow Salad

Serves 10 - 12



Ingredients:

Choose at least 1 ingredient from each colour:

Green layer - lettuce, celery, snow peas, cucumber

Red layer - tomatoes, capsicum, jar tomato salsa

Yellow layer - corn kernels, capsicum, 100g cheese

Orange layer - carrot

Purple layer - cabbage, kidney beans

200g low fat sour cream

1 cup low fat natural/Greek yoghurt

1 pack multigrain crackers

OR ½ bag corn chips or home made pita chips (see recipe tip)

Equipment:

Large glass bowl or clear container, chopping board, knife, grater, small bowl, spoon, tongs or serving spoon, snap lock bag



1 Chop green vegetables and spread across base of bowl for the first layer.



2 Chop red vegetables and add to bowl on top of green vegetables. Spread salsa over top of red layer.



3 Repeat steps for yellow, orange and purple layers, by grating cheese, grating and chopping vegetables (as required). Add each coloured layer to the bowl.



4 Mix sour cream and Greek yoghurt in small bowl. Spread mixture over top of purple vegetable layer.



5 Crush crackers or alternative in snap lock bag. Sprinkle crumbs over top of the salad.