

# Salad bar suggestions

Why not set up a salad bar for colleagues and provide a variety of protein options?

## 1. Pick your protein!

### Pulses:

- Kidney, cannellini, borlotti, haricot or other beans (canned in water)
- Mixed beans (canned in water)
- Green lentils (canned in water)
- Puy lentils (ready to eat pouch)
- Chickpeas (canned in water)



### Nut and seeds:

- Seeds – sunflower, sesame, pumpkin
- Nuts – walnuts, pecans, pistachios

### Other:

- Tuna or salmon (canned in water)
- Cheese, reduced fat, grated
- Cottage cheese
- Eggs, boiled and peeled

### Get creative - try these combinations!

- Kidney beans and tuna
- Cannellini beans and egg
- Puy lentils and salmon
- Pecan, pistachio and pumpkin seeds

## 2. Now add your fruit and vegetables

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| <ul style="list-style-type: none"> <li>• Grapes, halved</li> <li>• Pomegranate seeds</li> <li>• Strawberries, sliced</li> <li>• Peaches (canned in juice), drained and chopped</li> <li>• Dried apricots, figs or sultanas</li> </ul> | <ul style="list-style-type: none"> <li>• Pepper, chopped</li> <li>• Carrot, grated</li> <li>• Spring onions, finely sliced</li> <li>• Red onion, finely sliced</li> <li>• Celery, chopped</li> <li>• Cherry tomatoes, halved</li> <li>• White or red cabbage, finely sliced</li> <li>• Cauliflower (raw), finely sliced florets</li> <li>• Sweetcorn (canned in water), drained</li> </ul> |
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## 3. Sprinkle on some fresh herbs

- Dill
- Coriander
- Mint
- Basil
- Parsley

## 4. Drizzle on some dressing (optional)

- Vinaigrette, fat free or low fat
- Balsamic vinegar

### Serving suggestion

Provide a selection of wholemeal bread to accompany the salad.

Share your salad bar creations on twitter @NutritionOrgUK #HEW23 or email them to us at postbox@nutrition.org.uk