

## Rainbow salad



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Preparation 20 mins | Cooking 2 mins | Makes 4

This colourful salad makes the perfect lunch for kids. Add any ingredients that you have on hand such as diced ham, diced boiled eggs or other salad ingredients.

- 2 sweetcorn cobs, husks and silks removed
- 400g can chickpeas, drained and rinsed
- 1 Lebanese cucumber, diced
- 1 large carrot, peeled and shredded
- 200g tub beetroot or hummus dip
- 200g mixed cherry and mini roma tomatoes, halved
- 1 celery stick, thinly sliced
- extra virgin olive oil, for drizzling (optional)

**STEP 1** Place sweetcorn in a single layer in a shallow microwave-safe dish. Microwave on high for 3 minutes. Set aside to cool then slice off kernels.

**STEP 2** Layer chickpeas, cucumber, carrot, dip, tomatoes, corn and celery into plastic serving cups, airtight plastic boxes or jars. Drizzle with extra virgin olive oil if liked and serve.

### Good for you... **SWEETCORN**

*A good source of dietary fibre which contributes to normal laxation. Provides niacin (vitamin B3) which is needed for the release of energy from food and also the B vitamins biotin and folate. Biotin contributes to the maintenance of healthy skin, mucous membranes and hair while folate is needed for the formation of blood cells. Also provides some iron that is needed for making red blood cells.*

