

Grape, leafy greens & pine nut salad



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Preparation: about 15 minutes
Serves: 4 as a side dish

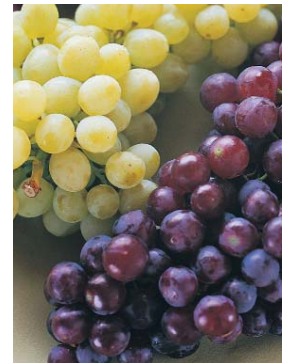
This salad teams well with barbecued chicken or fish. Toss through 2 cups shredded cooked turkey or chicken or chopped leg ham to make the salad a main meal.

150g mixed leafy green salad leaves
2 green onions (shallots), trimmed and sliced diagonally
300g plump seedless purple and green grapes, stems removed and halved lengthways
100g Danish feta cheese, crumbled
1/3 cup toasted pine nuts

Balsamic Dressing

1 tbs white balsamic vinegar
1/4 cup extra virgin olive oil
Salt and ground black pepper

1. Place salad leaves, green onions, grapes, feta and pine nuts into a large bowl.
2. To make the balsamic dressing, combine ingredients in a screw-top jar. Shake until well combined. Drizzle dressing over salad, gently toss to combine and serve.



Grapes

- A good source of dietary fibre which helps keep the intestine healthy.
- The carbohydrate in grapes is digested slowly, which means that grapes have a low GI and provide energy over a longer time period.
- A source of vitamin C, which is one of the vitamins that the body needs for defence against infection.
- Supply some carotenoids, including one called cryptoxanthin (especially in sultana grapes) that acts as an antioxidant in the body.