

Main dish SALADS

Easy ways to turn an ordinary salad into a summer meal



Summer avocado salad

START WITH

- + sliced avocado
- + grilled, poached or leftover chicken
- + orange segments
- + sliced red onion
- + chopped dill

DRESS WITH

Vinaigrette. **GOOD FOR** Avocados are packed with good fats and vitamins, and are notably high in potassium; chicken is a good source of low-fat protein. **CHEAT** Scale this up for a family lunch – or if you've guests coming – by buying a supermarket

rotisserie chicken. It's unlikely to be free range, though.

OR TRY Mango, tangerine or pink grapefruit instead of orange segments; rocket instead of dill. Add a handful of toasted pine nuts, hazelnuts or sesame seeds.



Easy Niçoise

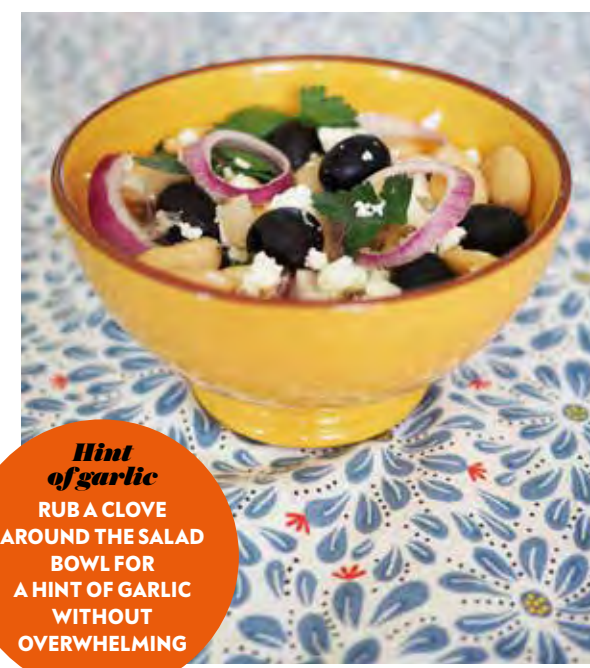
START WITH

- cooked new potatoes
- + hard-boiled eggs
- + grilled fresh tuna
- + capers
- + lettuce or other salad leaves
- + mangetout, cooked *al dente*
- + black olives

DRESS WITH

Tarragon dressing. **GOOD FOR** Protein-rich fresh tuna packs in the omega-3s. And you get some of your five – now ten! – a day veg. **CHEAT** Use canned tuna instead of fresh, but you'll reduce the omega-3s. **OR TRY** Whatever is in season, such as fine green beans, cooked *al dente*, or asparagus tips.

Top tip
DON'T PUT WOODEN SALAD BOWLS IN THE DISHWASHER OR ALLOW THEM TO SOAK. HAND WASH QUICKLY AND TOWEL DRY



Mediterranean bean salad

START WITH

- butter beans
- + red onion rings
- + black olives
- + flat-leaf parsley
- + crumbled feta

DRESS WITH

Instant dressing. **GOOD FOR** Vegetarians, plus it's full of flavour for jaded taste buds. **CHEAT** This is already a cheat's paradise. **OR TRY** Cannellini instead of butter beans, chunks of tuna instead of feta, sun-dried tomatoes instead of olives.

Hint of garlic
RUB A CLOVE AROUND THE SALAD BOWL FOR A HINT OF GARLIC WITHOUT OVERWHELMING



The dressings

The secret with salad dressing is using good ingredients and tasting as you mix. For most dressings use 1 tbsp vinegar to 3 tbsp oil and season liberally with sea salt and freshly ground black pepper. If you like a slightly sweet dressing, add honey mustard or a little sugar. Save time by mixing dressing in a jam jar and storing in the fridge, but remember fresh herbs won't keep so well.

INSTANT DRESSING

No need to mix: just drizzle over a rich balsamic vinegar and a good extra virgin olive oil, but one that's not too strong-tasting. **GREAT WITH** Leaves, figs, cheese, tomatoes, black olives.

TARRAGON DRESSING

Cider or white wine vinegar, extra virgin olive oil, Dijon or honey mustard, mayo and tarragon. The mustard helps to emulsify the dressing but take it easy at first and taste as you go. Add the mayo last, a bit at a time. Try chives instead of tarragon. Garlic is good too. **GREAT WITH** Potatoes, green beans, white beans or leaves.

VINAIGRETTE

The classic Mediterranean dressing made with red wine vinegar, extra virgin olive oil, Dijon mustard and a little sugar to taste. **GREAT WITH** Pulses, such as a warm salad of green lentils.