



## *Cosmopolitan Salad*

**Makes:** 6 cups

**Serve:** 1 cup

### **Ingredients:**

#### **Salad**

½ medium Continental cucumber, diced	(140g)
1 celery stalk, diced	(120g)
1 carrot, peeled and coarsely grated	(120g)
1 tomato, diced	(120g)
½ red capsicum, diced	(90g)
2 spring onions (green tops included), sliced	(50g)
1 tin four bean mix, drained and rinsed	(420g)
1 Tbsp chopped parsley	(5g)

#### **Tomato French Dressing**

½ cup smooth tomato soup (tinned)	(130g)
¼ cup lemon juice	(65g)
1 Tbsp olive oil	(12g)
1 Tbsp minced onion	(15g)
1/8 tsp salt	(<1g)
2 tsp honey	(14g)

### **Method:**

1. Beat or blend all the dressing ingredients together in a separate bowl and chill.
2. Mix all salad ingredients together in a large bowl.
3. Stir in all the dressing just before serving. It will be quite juicy.

**Tips:** Eat this with a wholemeal bread roll for a nourishing meal. You can freeze several batches of the dressing to use as needed.