

The simplest way

...to serve spring salads.

Spring brings sunshine ... and salads!

A salad is a great way to enjoy a light and lovely meal packed full of veg. Enjoy as a side dish or add some lean meat, fish, cheese or hard-boiled egg and make a meal of it.

Here are five of our spring salad favourites (for full recipes go to eatittobeatit.com.au):

- Tabbouleh.
- Thai beef salad.
- Asian chicken salad.
- Basic garden salad.
- Mixed bean salad.



For more information visit www.eatittobeatit.com.au
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The *Eat It To Beat It* program is supported by the Western Sydney
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