



Tangy Veggie & Fruit Salad

Healthy & crunchy with
a delicious citrus twist.

Nutrition Facts Per Serving: Calories 238, Protein 2g, Carbs 10g, Fat 21g

Cooking process and additional ingredients added at home will affect the total value.

Preparation Time: 5 min



INGREDIENTS

Celery Stalks

Tomato

Onion

Carrot

Parsley

Dressing (lemon juice,
tangerine/clementine juice, olive
oil, black pepper, salt)

METHOD

1. Place vegetables in a large mixing bowl.
2. A few minutes before serving, shake or whisk the dressing to mix and add to the vegetables, toss well to coat vegetables and transfer to serving dish.

Hint: If preferred, the celery and carrot can be blanched for a few seconds in boiling water then quenched in icing water, strained from moisture then added to the remaining ingredients.



BON APPETIT