

Pasta Salad

Ingredients:

*6 cups cooked wholemeal pasta
1 cup fresh peas
1 red capsicum diced
1 cup chopped celery
2 small cucumbers diced
1 spanish onion diced
1 cup shredded zucchini
1 cup shredded carrot
1/3 cup finely cut fresh dill*



Method:

*Prepare any kind of wholemeal or soy macaroni in advance.
(All other ingredients are raw)
Toss together and serve with avocado dressing.*

Romaine Submarines

Ingredients:

*1 large avocado
1 small cucumber
1 head romaine/cos lettuce
1 large tomato, coarsely chopped
2 cups mung or alfalfa sprouts
1 tablespoon fresh lemon juice*



Method:

*Scoop pulp from avocado into medium sized bowl and mash thoroughly with a fork.
Add tomato, cucumber and lemon juice. Stir in sprouts.
Arrange lettuce around sides of bowl and mound avocado mixture in centre.
Place a large spoonful of mixture in lettuce leaf and roll up like a submarine.*