RAINBOW SALAD

Recipe courtesy of Foodbank

Traffic light category: Amber **Serves: 10-12**

Ingredients

Choose at least 1 ingredient from each colour:

- Green layer - lettuce, celery, snow peas
- Red layer - tomatoes, capsicum, jar tomato salsa
- Yellow layer - corn kernels, capsicum, 100g cheese
- Orange layer - carrot
- Purple layer - cabbage, kidney beans

Other

- 1 cup Greek yoghurt
- 1 pack multigrain crackers

Method

1. Chop green vegetables and spread across base of bowl for the first layer
2. Chop red vegetables and add to bowl on top of green vegetables. Spread salsa over top of red layer
3. Repeat steps for yellow, orange and purple layers, by grating cheese, grating and chopping vegetables (as required). Add each coloured layer to the bowl
4. Mix sour cream and Greek yogurt in small bowl. Spread mixture over top of purple vegetable layer
5. Crush crackers or alternative in snap lock bag. Sprinkle cracker crumbs over top of the salad just before serving.

Recipe adapted with permission from the Western Australian School Canteen Association Inc.