

Middle Eastern Salad

This salad would be great served with some grilled kebabs.

400 grams canned chickpeas, drained and rinsed
1 medium cucumber, Sliced lengthways, seeds removed, sliced in quarters
4 carrots, grated
1 bunch spring onions, chopped
Juice of 1 lemon
1 red pepper, diced
S & P to your taste

Mix all ingredients together.

Pasta Salad (from Mollie Katzen)

This is a favourite with little ones to big ones!

2 cups cooked pasta shapes
Half a red pepper, minced
1 spring onion, chopped
2 Tbsp black olives, chopped
S & P to taste

Mix all ingredients. Drizzle with vinaigrette.

Apple Juice Vinaigrette

4 Tbsp olive oil
2 Tbsp cider vinegar
 $\frac{1}{2}$ cup apple juice
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{2}$ tsp. garlic, minced

Mix all in a jar and shake well.