

Salsa

Traffic Light Category – GREEN



Ingredients

- 2 firm medium sized tomatoes
- 1 small Lebanese cucumber
- 1 red onion
- 1 shallot
- 1 large jalapeno chilli minced
- 2 tbsp fresh chopped coriander
- 2 tbsp fresh lime juice
- Pepper

Method

- Finely dice the vegetables (cucumber and tomatoes must be deseeded to reduce moisture)
- Combine all ingredients in a bowl
- Season lightly with pepper, only if necessary
- Cover with plastic wrap and refrigerate for at least 1 hour to ensure the flavours develop.

Guacamole

Traffic Light Category – GREEN

Makes 1 cup

Ingredients

- 1 ripe avocado, halved, peeled and stones removed
- ½ small red onion, finely chopped
- 1 ripe small vine tomato, finely chopped
- 1 garlic clove, crushed
- 1 small fresh red chilli, deseeded, finely chopped
- 30ml fresh lime juice
- Ground black pepper, to taste



Method

- Place the avocado flesh in a medium bowl and use a fork to mash until almost smooth
- Add the onion, tomato, garlic, chilli and lime juice and use a spoon to mix well
- Taste and season with pepper if necessary.

Ricotta, Pea & Mint Dip

Traffic Light Category – **GREEN**

Ingredients

- 2 cups peas (fresh or frozen)
- 2 tbsp mint leaves
- 1 cup reduced fat ricotta
- 1 tbsp olive oil
- Pepper



Method

1. If using fresh peas, blanch peas to bright green stage; or if using frozen peas, place peas in a microwave safe bowl with $\frac{1}{4}$ cup water and microwave until thawed
2. Process all ingredients to a nice chunky consistency
3. Season with pepper, if necessary.

Nut Free Pesto

Traffic Light Category - **GREEN**

Ingredients

- 2 tbsp sunflower seeds
- $1\frac{1}{2}$ cups firmly packed basil leaves
- $\frac{1}{2}$ cup parsley leaves
- $\frac{1}{3}$ cups finely grated parmesan
- 1 large garlic clove chopped
- $\frac{1}{2}$ cup olive oil
- 1 tbsp lemon juice
- Pepper



Method

1. Cook sunflower seeds on medium heat for 2 minutes. Do not let them burn
2. Blend basil, parsley, sunflower seeds, cheese and garlic in a blender until it looks like a rough paste
3. Add the oil gradually through the blender chute with the motor running
4. Tip into a bowl, add the lemon juice and season with pepper if desired.

Hummus

Traffic Light Category – **GREEN**

Makes 3 cups

Ingredients

- 600g canned chickpeas (drained weight) rinsed
- 3 garlic cloves, crushed
- 100ml olive oil
- 2 tbsp tahini
- 1 tsp ground cumin
- Juice of 1 lemon

Method

1. Place all ingredients in a blender
2. Blend until combined
3. Add $\frac{1}{4}$ cup (60ml) water and blend until smooth.

