

LUNCH

Egg Salad with Italian Dressing

INGREDIENTS

- 2 hard boiled eggs
- Your choice of salad leaves
- Mixture of cucumber, sweetcorn, radishes, sliced carrot etc. - anything you enjoy
- For the dressing - 3 tbsp extra virgin olive oil, 1 tbsp red wine vinegar, 1 tbsp finely grated parmesan, 1/2 tbsp freshly chopped parsley, 1/2 shallot - finely diced, 1 tbsp lemon juice, 1/2 tbsp freshly chopped basil, 1 tbsp dried oregano, 1/2 clove garlic, 1 tsp honey (optional), salt and pepper to taste

METHOD

- Shred and wash your salad leaves
- Chop/slice/grate your chosen salad ingredients
- For the dressing - put all the ingredients in jar and shake well
- Mix all together and toss through the dressing
- Arrange the eggs over the top of the salad



EATING YOUR
WAY THROUGH
THE
MENOPAUSE