## **Rainbow Salad**









## Ingredients

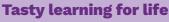
Choose at least 1 ingredient from each colour Green:lettuce, celery, snow peas Red:tomatoes, capsicum, jar tomato salsa Yellow: corn kernels, capsicum, 100g cheese

Orange: carrot

Purple: cabbage, kidney beans 200g low fat sour cream 1 cup low fat natural/Greek yoghurt 1 pack multigrain crackers or ½ bag corn chips or home made pita chips

## Equipment

Large glass bowl or clear container Chopping board Knife Grater Small bowl Spoon Tongs or serving spoon Snap lock bag





## How to make it





 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.



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 crumbs over top of the salad.





