

# Rainbow Salad



Serves

10-12



Pita Chips – Spray flat bread with olive oil spray, sprinkle with salt, pepper & paprika. Bake for 10 mins @ 190°C.



## 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



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 crumbs over top of the salad.



**nom!**

