

# Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

## Greens and Sprouts Salad

### Ingredients

*9 small broccoli pieces, washed*

*2 handfuls of 4 four-leaf lettuce mix*

*¼ red capsicum, sliced*

*1 handful of bean sprouts*

*Sprinkle of pink sea salt*

*1 tbs of coconut chips*

*2 tbs of walnuts, chopped*

*Olive Oil*

### Method

Quick, easy and so nutritious! The Greens and Sprouts Salad is the perfect addition to your favourite main.

1. Lightly steam broccoli pieces and set aside to cool.
2. Add the four-leaf lettuce leaves (red and green depending on seasonal availability) and bean sprouts to salad bowl.
3. Slice red capsicum and put into salad bowl with the other ingredients.
4. Sprinkle in the coconut chips and chopped walnuts.
5. Add the cooled broccoli into the salad bowl.
6. Lightly mix all the ingredients until well combined. Don't damage the greens by mixing too vigorously.
7. Add a sprinkle of salt.
8. Drizzle over a generous amount of olive oil.
9. Serve!



Preparation Time: 5 minutes

Cooking Time: 5 minutes

Serves 4

For more recipes and information on living the low carbohydrate lifestyle find us at:

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