

# - RECIPES -

From the *Australian Healthy Cooking Guide*  
[www.milhamdietitians.com](http://www.milhamdietitians.com)

## Nutty Green Salad

Serves 4

### INGREDIENTS

juice of 2 lemons  
Splenda to taste  
1 cup bean sprouts  
1 cup alfalfa sprouts  
1 bunch shallots, chopped  
4 sticks celery, thinly sliced  
1 cup button mushrooms, sliced  
1 tablespoon walnuts, chopped

### DIRECTIONS

1. Whisk together the lemon juice and Splenda to dissolve.
2. Put the bean sprouts, alfalfa, shallots, celery, mushrooms and walnuts into a bowl and mix to combine.
3. Pour over the dressing and toss to coat.

### PER SERVE

KJ (cal) 190 (46)  
Fat 1.8g  
Saturated Fat 0.1g  
Carbohydrate 3.0g  
Protein 2.6g  
Sodium 47mg  
Fibre 2.4g

*chooz to looz* Program  
1 serve = Free



*The Australian Healthy Shopping Guide and the Australian Healthy Cooking Guide are available at our online store [www.milhamdietitians.com](http://www.milhamdietitians.com) and all good bookshops Australia wide*

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