

Fruity Three-Cheese Salad

CHEESE MAKES A
Difference

to
Summer
Salads





Fruity Three-Cheese Salad

THIS SALAD WITH CRUNCHY FRUIT AND CELERY IS COLOURFUL, REFRESHING AND TASTY.

INGREDIENTS

50g mature Cheddar cheese

50g Red Leicester cheese

50g White Cheshire or Caerphilly cheese

juice of 1/2 lemon

6 celery sticks, sliced

2 red apples, cored and chopped

150g red or green seedless grapes, halved

100g ready-to-eat dried apricots

25g raisins or sultanas

25g almonds, chopped (or use toasted flaked almonds)

a few crisp lettuce leaves, shredded

1 tsp sesame seeds

METHOD

1. Cut the three cheeses into bite-sized cubes.
2. Put the lemon juice into a large salad bowl and add the celery, apples, grapes, apricots, raisins or sultanas and almonds. Add the lettuce and cheese cubes and toss the ingredients together.
3. Put the sesame seeds into a small frying pan and heat, stirring them often, until they start to brown. Cool for a few moments, and then sprinkle over the salad. Cover and chill until ready to serve.

COOK'S TIPS

Use your choice of traditional British cheeses to make this recipe - you could try adding some Stilton, either the blue variety or white with apricots. If you prefer, just use one cheese - mature Cheddar always tastes good with apples and celery. Another time, try adding a small pot of low-fat plain yogurt to dress the salad - it tastes excellent, and adds even more calcium.

NUTRITIONAL ANALYSIS PER SERVING (APPROXIMATE)

313kcal | 12.8g protein | 29g carbohydrate of which 29g sugars | 17.1g fat of which 8.2g saturates | 9.6g dietary fibre | 312mg sodium equivalent to 0.8g salt | 337mg calcium | 281mg phosphorus | 0.6µg vitamin B₁₂