

The image shows three wooden skewers arranged vertically, each holding a stack of fresh vegetables. From top to bottom, the ingredients are: a green leafy vegetable (possibly basil), a slice of cucumber, a slice of white cheese, a whole red radish, another slice of cucumber, another slice of white cheese, and another whole red radish. The skewers are set against a plain white background.

SALAD STICKS

Get creative in the kitchen, use up leftovers from your fridge and eat more veg in the process.



Our #SaladSticks campaign was created to put salad in the spotlight during the summer months. Too often it gets forgotten with burgers and other finger foods taking centre stage.

#SaladSticks are quick to prepare, convenient to eat, fun, accessible and affordable, appealing to adults and children alike.

This eBook provides a selection of some of our favourites from The Crunchy Caprese to The Vegetable Souvlaki. For most of these sticks, it is a case of adding the ingredients in whichever order takes your fancy.





The Crunchy Caprese

By Claire Wright, Veg Power @vegpoweruk

INGREDIENTS

6 x Radishes
6 x Cucumber slices
Chopped mozzarella
Handful of fresh basil leaves.



Summer Veg and Strawberry with Tahini Dressing

By Hedi Fountain @fountainfotos_

INGREDIENTS

8 x Strawberries
1 x Yellow pepper
Handful of Spinach
3 x radishes

For the Tahini dressing

3 tbsp Tahini, runny
1 garlic clove, minced
1 tbsp Soya sauce
1 tbsp Maple syrup
1 tbsp water (to thin out)
Pinch of salt



Tomato and Pesto

By Lucy Dayman, The Tomato Stall @iowtomatoes

INGREDIENTS

21 small cubes of halloumi
28 baby plum and cherry tomatoes
Spoonful of pesto
Sprinkle of pine nuts



Vegetable Souvlaki and Spicy Feta Pepper Dip

By Irimi Tzortzoglou, Irimi Cooks @irinitzortzoglou

INGREDIENTS

(makes 8 souvlaki)

1 globe aubergine*
2 medium red onions*
2 medium sized courgettes*
1 punnet of button mushrooms*
2 tbsp extra virgin olive oil
Fresh or dried oregano
1 lemon

*grilled/roasted/BBQed

For the dip, blitz together the following:

150g Greek feta cheese
75g Greek yoghurt
1 oven roasted red pepper in olive oil
1 tbsp of good quality white wine vinegar
Half fresh red chilli, finely chopped



The Greek Salad

By Claire Wright, Veg Power @vegpower

INGREDIENTS

- 1 x Cherry or plum tomato
- 1 x Cucumber
- 1 x Red onion
- 1 x Olive, pitted green or black
- 1 Feta cube



Eat The Rainbow

By Deidre Doyle, The Cool Food School @coolfoodschoo

INGREDIENTS

- 1 x Blueberries
- 1 x carrots
- 1 x cherry or plum tomatoes
- 1 x radishes
- 1 x salad iceberg or romaine or butter lettuce, large leaf



Basque 'Gilda'

By Chef Tom Hunt @cheftomhunt

INGREDIENTS

Seasonal vegetables (eg. cherry tomatoes, cucumber, Broad beans, kohlrabi, carrots, fennel)

Olives (optional)

Roasted peppers (optional)

Herbs and edible flowers (optional)



Cucumber, Watermelon and Halloumi

By Mimi Spencer @mimispencer1

INGREDIENTS

Cucumber, cut into bitesize chunks

Watermelon, balled or chopped into bitesize pieces

Halloumi, chopped into bitesize pieces



The Rainbow Frankfurter

By Helen Perks @the_hygeia_clinic

INGREDIENTS

1 x Frankfurter sausage

Cherry or plum tomatoes, chopped into bitesize pieces

Yellow and orange peppers, chopped into bitesize pieces

Cucumber, cut into thick slices

Fresh raspberries (or tomatoes for more colour)



The BLT

By Claire Wright, Veg Power @vegpoueruk

INGREDIENTS

Cherry or plum tomatoes

Iceberg Lettuce or crisp, sweet salad chopped into bitesize chunks

Cooked bacon rashers, chopped into bitesize chunks

Ripe avocado, chopped into bitesize chunks

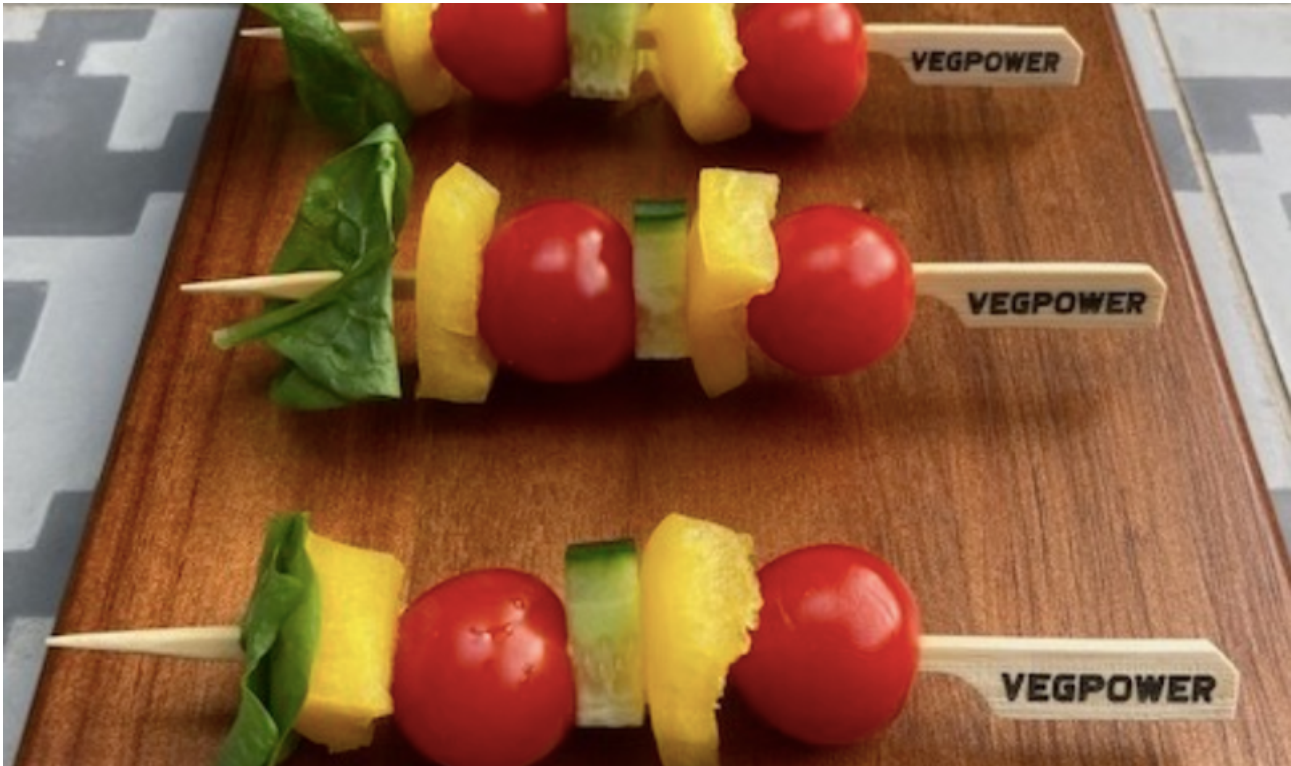


Cucumber, Beetroot & Goat's Cheese

By Charlotte Radcliff, The Nutrition Consultant
@the_nutrition_consultant

INGREDIENTS

Cooked beetroot, chopped into chunks
Goats cheese cubes (or mozzarella pearls), drained
Cherry tomatoes, chopped in half
Mini cucumbers, thickly sliced (or regular cucumber)
A couple of handfuls of salad leaves
Ripe avocado, peeled, destoned and cut into cubes
Freshly squeezed lemon juice
Drizzle of extra virgin olive oil
Seasoning of black pepper



Tomato, Pepper & Cucumber

By Saadia Noorani @saadianoorani

INGREDIENTS

Cherry or plum tomatoes, chopped into bitesize chunks

Yellow pepper, chopped into bitesize chunks

Cucumber, chopped into bitesize chunks

Baby spinach leaves



Cucumber, Radish, Pepper & Tomato

By Anita Bean @anitabean1

INGREDIENTS

Cherry or plum tomatoes, chopped into bitesize chunks

Pepper, chopped into bitesize chunks

Cucumber, chopped into bitesize chunks

Radishes, topped and tailed



Potato and Sugar Snap Mayo Salad

By Emily Muddeman, Riverford Organic Farmers @riverford

INGREDIENTS

- 1 x new potatoes (cooked)
- 1 x sugar snap peas
- 1 x lemon juice, freshly squeezed
- Mayonnaise



Cucumber, Watermelon and Feta

By Irimi Tzortzoglou, Irimi Cooks @irinitzortzoglou

INGREDIENTS

Baby cucumbers (or regular cucumber), chopped into bitesize pieces

Watermelon, cubed or balled

Feta cubes (plain or marinated in dried herbs and oil)

Mint leaves



Tomato, Mozzarella and Feta Dib Dab

By Ian Taverner @cookfulness

INGREDIENTS

Cherry or plum tomatoes, halved and insides scooped out
Mini mozzarella balls
Basil leaves, mint leaves and coriander leaves (or just use one)
Cooked beetroot, chopped or scooped into balls using a melon baller
Feta cubes
Carrot, thickly sliced in circles
Peppers

For the 'Dib dab'

Red pepper/traditional hummus
A mix of salt, garlic powder, dried oregano and dried basil



Cucumber, Radish and Celery

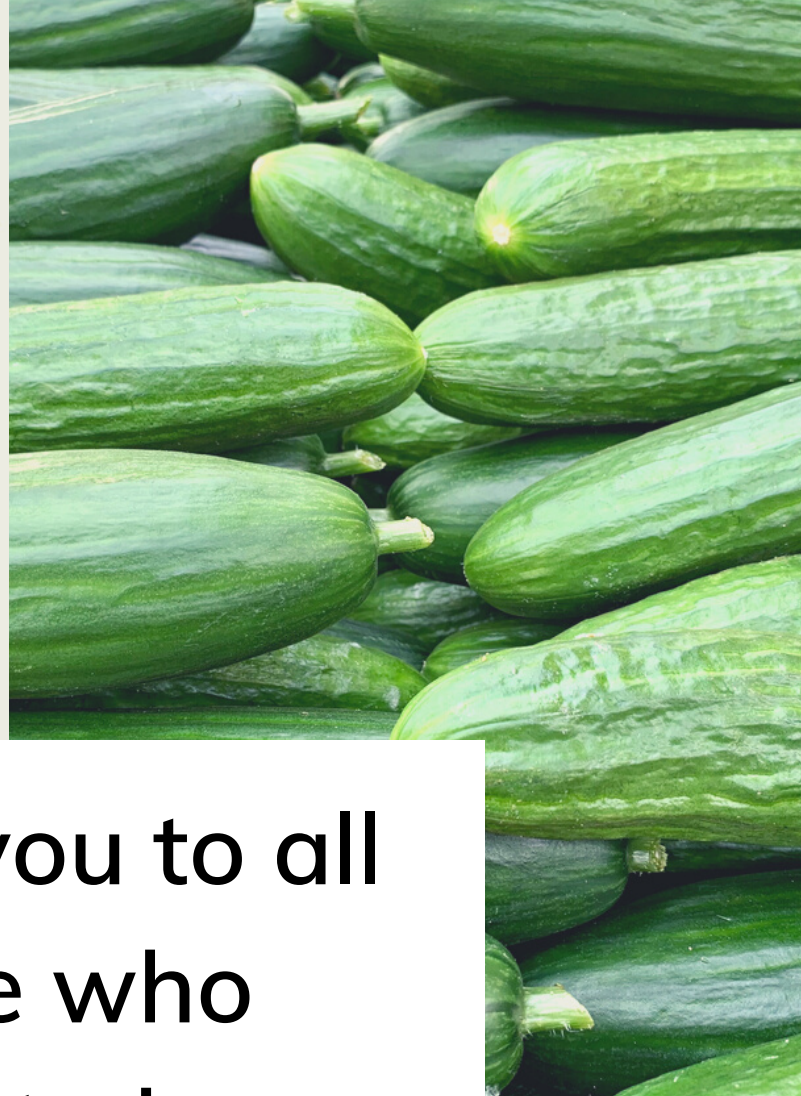
By Zoe Griffiths @zg_nutrition

INGREDIENTS

Radishes, top and tailed
Iceberg lettuce, chopped into bitesize chunks
Cherry tomatoes
Cooked beetroot
Celery
Peppers
Cucumber

For the dip:

150g natural low fat yoghurt
1½ tbs chopped fresh mint



Thank you to all
those who
supported our
#SaladSticks
campaign



VEGPOWER