

Rainbow salad with fresh vegies, feta & walnuts

Search:

- [Salad](#)
- [Vegetables](#)
- [Recipes](#)

Rainbow salad with fresh vegies, feta & walnuts

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));
```

[Tweet](#) !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();
```

[Add to favorites](#)

Rainbow salad with fresh vegies, feta & walnuts



Rate this recipe

10 people are cooking this [Count me in](#)

Looking for fresh, healthy salad ideas? Sarah Wilson recommends hitting up the local food markets for inspiration.

This recipe can be made using whatever vegies you have on hand.

Rainbow salad with fresh vegies, feta & walnuts

Preparation time: 10 minutes

Ingredients (serves 2)

- 1 small carrot
- 1 small [beetroot](#)
- 1 small zucchini
- 1 cup cauliflower florets
- 2 spring onions, finely diced
- Your choice of dressing (olive oil and lemon juice work well)
- ¼ cup crumbled soft feta cheese
- ¼ cup lightly toasted walnuts

Method

Grate (using a grater or food processor) or finely slice the beetroot, carrot, cauliflower and zucchini separately.

Layer each batch of vegetables between two jars with lids, adding spring onions to each.

Divide feta and walnuts between salads. Top with dressing of your choice.

Browse more [salad recipes>>](#)

```
function displayNutrition(msg) { $('#nutrition-label-container').text(msg); $('#nutrition-label-container').fadeIn(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { //$('#.result').html(data); alert('This recipe was added to your favorites list'); }); }
```