ANTIOXIDANT SALAD
86 Calories - 0 mg Cholesterol

INGREDIENTS
(5 portions)
6 vine-ripened tomatoes
1 red onion
1 red capsicum (pepper)
1 yellow capsicum (pepper)
100 g basil leaves
1 small handful radicchio leaves, chopped
1 tbsp chopped parsley
1 tbsp dried goji berries (optional)
2 tbsp lime juice
1 tbsp lemon juice
1 tbsp extra virgin olive oil

METHOD
1. Dice the tomatoes, onion and capsicums and place in a salad bowl. Add the basil leaves, radicchio, parsley and goji berries (optional).
2. Mix the liquid ingredients and season with salt and pepper. Place in a jar with lid and shake well.
3. Drizzle the dressing over the salad, toss lightly and serve.