

## ***Eye-healthy super salad***

***Serves 2***

***480 calories per serving***

*This yummy salad is incredibly nutritious, providing a rich source of magnesium, iron, selenium, vitamin E, B vitamins and vitamin C. The yellow peppers and avocado also supply a source of lutein and zeaxanthin that are shown to be beneficial for the health of your eyes. Including beans in your diet also supplies a great source of fibre, which is lacking in many people's diets. Fibre is not only essential for maintaining good digestion but also helps to reduce the risk of heart disease, balance blood sugar levels and assist in weight loss.*

### ***Ingredients***

*175g king prawns*

*1/2 x 400g can black beans, drained and rinsed*

*1 small yellow pepper, finely diced*

*1/2 small cucumber, deseeded and chopped*

*100g cherry tomatoes, halved*

*1 large avocado, de-stoned, peeled and chopped*

*1/2 small can sweetcorn (reduced sugar and salt)*

*1 small handful of coriander, chopped*

*Salt*

*Pepper*



### ***Dressing***

*50g low fat, plain yoghurt*

*1 lime, juiced*

*1 small handful of coriander*

*1 spring onion, chopped*

*½ jalapeno (or green) chilli pepper, chopped*

40ml olive oil

½ tsp salt

1 tsp honey

### **Method**

1. *Heat a little olive oil in a small frying pan. Add the prawns and cook for 3 minutes over a high heat until pink. Take the prawns off the heat and leave to cool. You can also use cooked prawns if you like.*
2. *Add the beans, vegetables and coriander to a large bowl and combine well. Season with a little salt and pepper.*
3. *To prepare the dressing, place all the ingredients in a blender and blitz until smooth.*
4. *Divide the salad between two bowls and serve with the dressing on the side.*