



## Oil-free vinaigrette

Swap out your store-bought dressing for this simple version. Can be used on any salad or even as a condiment for a meal like a rice bowl.



### INGREDIENTS

- 1/4 cup apple cider vinegar or red wine vinegar
- 1/4 cup water
- 3 tbsp Dijon mustard (or whatever mustard is available)
- 2 tbsp maple syrup
- 1 tsp nutritional yeast (optional)
- 1 tsp dried herbs (optional)



### METHOD

- Put everything into a recycled jar, screw on lid and shake.
- Will last for a week in the fridge.



## Pasta salad

Great way to use leftover pasta for lunch the next day. Serves 2.



### INGREDIENTS

- 2 cups cooked wholemeal or pulse pasta (egg free)
- 2 tomatoes (or a generous handful of baby tomatoes)
- 1 cucumber
- 420g can mixed beans, no added salt, rinsed
- Generous handful of parsley or basil
- Juice of 1 lemon
- 2 tbsp of balsamic vinegar



### METHOD

- Dice tomato and cucumber.
- Toss all ingredients in bowl to combine.
- Oil-free vinaigrette can also be used as the dressing.