



Mushroom, Courgette, Olive and Tomato Salad

BUFFET®
OLIVES

Ingredients

- 6 large mushrooms sliced
- 4 courgettes, thinly sliced
- 12 Calamata or Black Mission Olives
- 4 tomatoes peeled and quartered
- 1 teaspoon chopped fresh sweet basil
- 1 bunch mustard and watercress trimmed and divided into sprigs
- 3 tablespoons of French Dressing

Method

Combine the mushrooms, courgettes, olives and tomatoes in a salad bowl and sprinkle with basil.

Arrange the sprigs of mustard and watercress round the edge of the salad bowl.

Serve with low calorie French salad dressing.

Preparation time: 15 minutes