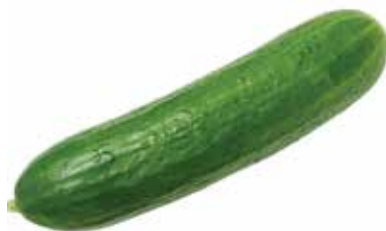


Beancurd & Cucumber Salad

SERVES 2

Ingredients

- 1 block beancurd 100g
- 1 cup diced cucumber
- ½ cup diced red bell pepper,
- ¼ red onion, diced 25g
- 1tbsp sunflower oil 14g
- A pinch of chilli flakes
- A pinch of salt



Method of preparation

1. Roast the bean curd with oil. Cool for 20 minutes.
2. Add diced cucumber, red bell peppers and red onion.
3. Sprinkle chilli and salt onto the salad and serve.

Nutrition Information Per Serving

Energy	141 kcal
Carbohydrates	12g
Protein	7g
Total fat	10g
Saturated fat	2.3g
Cholesterol	0g
Dietary fibre	3g
Sodium	87mg
Calcium	164mg
Carbohydrate exchange	~1 exchange

About the author: Kohila Govindaraju is an accredited nutritionist and director of THE BERRIES Nutrition Consulting, an avid blogger (kohilag.wordpress.com) and prolific author of magazine articles on food and nutrition, including a book titled How to Lose Weight Without Hunger published by PatientsEngage.