



## Jowar kale Palak Veg healthy salad ( LS )

Serving: 1

Veg

### *Ingredients*

- 2 tbsp soaked and cooked whole jowar ( white millete )
- Handful Kale leaves ( Optional )
- Handful Baby spinach
- 2 tbsp coloured capsicum cubes
- 2 tbsp blanched broccoli florets
- 2 tbsp Mushroom cubes
- 3 tbsp Alfalfa sprouts
- To Be Mixed Into a Dressing :
- 1/2 tsp Olive
- few lemon drops
- 1
- 1 clove - grated ginger
- taste to salt
- Pepper to taste
- For the topping :
- 1/2 tsp roasted pumpkin seeds

### *Preparation Method*

- It can be taken to work in a work in a lunch box with a dressing in a separate small container.
- Just before eating, mix the dressing and toss the pumpkin seeds and toss well. eat immediately