



Lettuce and Paneer Salad (HS)

Serving: 1

Veg

Ingredients

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- $\frac{1}{4}$ cup iceberg lettuce , torn into small pieces
- $\frac{1}{4}$ cup low-fat paneer (cottage cheese) cubes
- $\frac{1}{4}$ cup yellow capsicum cubes
- 1 tbsp tomato cubes
- To Be Mixed Together Into A Sesame Dressing
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 tbsp finely chopped onions
- 1 tbsp sesame seeds (til)

Preparation Method

- Combine all the ingredients for the salad in a bowl and toss well.
- Add the sesame dressing and toss well.
- Serve immediately.