

Basic vegetable salad



We are going to share with you today a beautiful vegetable salad. Many people have doubts about which vegetables go well together.

So let's get to the recipe and the ingredients that will make this side dish a success on your table!

Ingredients

- 1 medium carrot, grated;
- 1 medium chayote, chopped into cubes;
- 1 medium cucumber, diced;
- 1 medium tomato, diced;
- 1/2 red onion, chopped;
- 1/4 cup olive oil;



- Juice of 1/2 lemon;
- Salt and pepper to taste;
- Fresh mint to taste.

Preparation method

In a large bowl, mix the carrot, chayote, cucumber, tomato and onion.

In another bowl, mix the olive oil, lemon juice, salt, pepper and mint.

Pour the dressing over the salad and mix well.

Serve immediately.

Tips

You can add other vegetables to the salad, such as beets, zucchini, corn, peas and broccoli.

To make the salad even tastier, you can add some feta or gorgonzola cheese.

If you want, you can also serve the salad with a vinaigrette dressing or yogurt dressing.

Benefits

Making a vegetable salad at a meal offers several benefits:

1. **Essential Nutrients:** Vegetables are rich in essential nutrients, such as vitamins, minerals and fiber. Consuming them in a salad can help meet your daily needs for these nutrients.
2. **Low Calories:** Most vegetables are low in calories, which makes salads a healthy option for maintaining or losing weight.
3. **Fiber:** Dietary fiber in vegetables aids digestion and can promote satiety, which can help control appetite and prevent overeating.
4. **Hydration:** Vegetables like cucumber and lettuce have a high water content, which can help hydrate the body.
5. **Variety of Flavors and Textures:** A well-prepared salad can offer a variety of flavors and textures, making the meal more interesting and enjoyable.
6. **Antioxidants:** Many vegetables contain antioxidants that fight free radicals and can help protect the body's cells from damage.
7. **Heart Health:** A diet rich in vegetables is associated with a lower risk of heart disease due to their fiber and antioxidant content.
8. **Digestive Health:** The fiber present in vegetables can promote digestive health, preventing constipation.
9. **Versatility:** Salads are highly versatile and can be adapted to suit your preferences and dietary restrictions.



10. Taste: A well-seasoned and prepared salad can be delicious and add flavor to a meal.

Remember to choose a variety of colorful vegetables to get a wide range of nutrients.

Plus, you can add lean proteins, like grilled chicken or tofu, and choose healthy dressings, like vinaigrettes, to make your salad even more balanced and flavorful.

[CLICK HERE TO READ THIS FULL ARTICLE](#)

[**https://tastyculinaryjourney.info**](https://tastyculinaryjourney.info)