



Cooked beans                      Vinegar  
Thickener                          Pepper  
Extra virgin olive oil  
Salt (skip in case of hypertension or fluid retention)

# Green salad with tomatoes (texture modified diet)

## Ingredients (serves 1)

### For the green leaf base:

50 g clean lettuce  
20 g clean endive  
10 g lamb's lettuce  
30 g clean cucumber  
15 g washed spring onion  
15 g avocado  
2 ripe tomatoes

## Method

1. Wash the vegetables, peel and cut the spring onion and cucumber.
2. In a tall container suitable for blending, add the lettuce, endive, lamb's lettuce, spring onion, cucumber, avocado, and beans.
3. Blend together adding a few drops of vinegar and a pinch of salt. Sieve and set aside.
4. Blend and then sieve the tomatoes so they become smooth. Little by little, add thickener into the blended tomato, stirring with the help of a fork until obtaining the desired texture.
5. Serve arranging the blended green leaves on the bottom of the dish, and with the help of two spoons, place little quenelles of tomato purée on top.
6. Season and finalize the dish by adding a drizzle of olive oil and ground pepper.

## Recommendations

This is an example recipe; it can also be prepared using other ingredients according to personal taste. Keep in mind when using lettuce, endives, or any other kind of green leaves, that it's important to avoid over-oxidisation and bitter flavours by consuming right after serving.

In case of dysphagia, it is recommended to always strain the purees to ensure that there are no lumps, and have the same texture.