

Mexican black bean and sweet corn salad

Serves 2
Each serve weighs 524 grams

Ingredients:		Fibre in recipe	Fibre per serve	Weight
Lime	2 limes	0	0	65
Extar-virgin olive oil	2 Tbsp	0	0	30
Cumin seed	1/4 tsp	0	0	1
Black pepper	1/2 tsp	0	0	1
Black turtle beans	200g drained	18.6	9.3	200
Avocado	1 avocado	10	5	170
Sweet corn kernels	1 cup	5.6	2.8	225
Red capsicum	1 capsicum	4	2	195
Red onion	1/2 small onion	2	1	100
Fresh corriander	1/2 cup	1.4	0.7	40
Corn chips	8 chips	1	0.5	20
		42.6	21.3	523.5

	RDI Fibre (g/day)	% daily requirement
Men	38	56%
Women	28	76%

Roman Farro Salad

Serves 1
Each serve weighs 566 grams

Ingredients:		Fibre in recipe	Fibre per serve	Weight
Red capsicum	2 Tbsp	0.5	0.5	40
Semi-dried tomatoes	5 pieces	1.5	1.5	25
Artichoke hearts	2 hearts (or 5 halves)	4.8	4.8	100
Marinated mushrooms	5 mushrooms	0.5	0.5	25
Basil pesto sauce	100 grams	2.7	2.7	100
Greenwheat freekeh	1/2 cup (60 grams)	10	10	275
Black pepper	1/4 tsp	1	1	1

	TOTAL		
	21	21	566
	RDI Fibre (g/day)	% daily requirement	
Men	38	55%	
Women	28	75%	