

Preparation time: 30 minutes Serves 4

## Guava Salad

*Guava has a smooth, crunchy texture which goes well with the softer ingredients in this salad. High in fibre and low in fat and cholesterol, it is an ideal dish to serve for any occasion.*

Per serve	
Calories	118 kcal
Carbohydrate	19.1 g
Fat	2.4 g
Cholesterol	1.0 mg
Fibre	6.2 g

### INGREDIENTS

Guava	1, about 400 g (14 <sup>1</sup> / <sub>3</sub> oz)
Mustard	1 <sup>1</sup> / <sub>2</sub> Tbsp
Plain low-fat yoghurt	300 ml (10 fl oz / 1 <sup>1</sup> / <sub>4</sub> cups)
Lemon juice	4 Tbsp
Corn kernels	150 g (5 <sup>1</sup> / <sub>3</sub> oz), boiled or steamed until tender
Chopped fresh Italian parsley	1 tsp
Lettuce	150 g (5 <sup>1</sup> / <sub>3</sub> oz), washed and drained
Croutons	
White bread	1 slice

### METHOD

- Peel guava, then cut into halves and scoop out pith and seeds. Cut into thin strips and set aside.
- In a mixing bowl, combine mustard, yoghurt and lemon juice, stirring to mix well. Add guava, corn and parsley. Toss lightly to mix well, then refrigerate until chilled.
- Meanwhile, prepare croutons. Slice bread into 1-cm (<sup>1</sup>/<sub>2</sub>-in) pieces and toast until light brown and crisp. Set aside.
- Arrange lettuce and asparagus in a salad bowl and add guava and corn mixture. Top with croutons and serve immediately.

