



Celery leaves  
Black olive paste  
Lemon juice  
Water  
Oregano  
Extra virgin olive oil

# Green salad with beans and black olive dressing (texture modified diet)

## Ingredients (serves 2)

100 g green leaves (lettuce, arugula...)  
80 g cooked white beans  
2 red tomatoes  
½ spring onion  
½ courgette  
8 canned asparagus  
Pepper  
Salt (skip in case of hypertension or fluid retention)

## Method

1. Wash the lettuce. Peel the spring onion and cut it into thin slices.
2. Wash and cut the courgette into small pieces.
3. Arrange the vegetables in a tall container along with the drained asparagus, celery leaves and cooked beans (previously washed and drained).
4. Add a few drops of water and season with salt, extra virgin olive oil, and a few drops of lemon or vinegar.
5. Blend until obtaining a smooth purée. Strain if necessary.
6. Grate the tomatoes and season with salt, pepper, olive oil, and oregano.
7. In a bowl, mix lemon juice, extra virgin olive oil, and a tablespoon of black olive paste with a pinch of pepper and set aside.
8. Serve the blended salad in a bowl, arrange small scoops of the grated tomato purée on top and finish with the black olive paste vinaigrette.

## Recommendations

In case of dysphagia, it is recommended to always sieve the purées to obtain a homogeneous texture without fibres or lumps. It is also recommended to strain the grated tomato and incorporate the vinaigrette into the purée.