

Light salad with rice and yogurt sauce - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Butterhead Lettuce (5 g)	1	Leaf	5 g
<input type="checkbox"/>	Tomato (140 g)	1	Small piece	140 g
<input type="checkbox"/>	Natural Yogurt 2% (25 g)	1	Tablespoon	25 g
<input type="checkbox"/>	Radish (15 g)	1	Piece	15 g
<input type="checkbox"/>	Wheat Grains, Sprouts (20 g)	1	Handfull	20 g
<input type="checkbox"/>	Sunflower Seeds (Shelled) (10 g)	1	Tablespoon	10 g
<input type="checkbox"/>	Fresh or Dried Dill (4 g)	1	Tablespoon	4 g
<input type="checkbox"/>	Long-Grain Brown Rice (10 g)	1	Tablespoon	10 g
