

# oriental salad

Serves: 2

Prep time: 10 min

Per serving: 279 calories, 19 g fat, 160 mg sodium

1 can mandarin oranges, drained

4 cups lettuce, or arugula, or spinach leaves

1/2 cup sliced almonds (optional)

2 TBS rice wine vinegar, or apple cider vinegar, or white wine vinegar, or white vinegar

1 tsp soy sauce

2 TBS oil (canola or vegetable)

2 tsp sesame oil or 1 tsp mustard

1. To make the dressing, combine the oil, sesame oil or mustard, vinegar, and soy sauce in a small bowl.

2. Cut and divide the lettuce between the two serving dishes. Rinse and drain the oranges and divide the can between the two dishes. If using, sprinkle the almonds over the salads and finish the salad with the dressing.

Vary It! You can also use almost any Asian salad dressing to top off your salad. I recommend using the sesame or ginger salad dressing for this salad.

You can also take raw ramen noodles (without the flavor packet on them), crunch them up, and sprinkle over this salad as a fun type of crouton!

