

Sicilian Orange Salad:



This is a delicious salad I made once at a cooking class. It's light, flavorful, and relatively easy.

Ingredients:

6 navel oranges (or 2 large cans of mandarin oranges, saving 1/4c liquid)
3T honey
2T red wine vinegar
1T olive oil
2T dijon mustard
1/2t salt
1/8t red pepper flakes
1 head lettuce or leafy green of choice
1 red onion
1 fennel, sliced thin
1/4c green olives, sliced

Directions:

1. Supreme the oranges (this is a fancy cooking term which means to remove both the skin and pith (the white stuff) from each section. To do this, use a sharp paring knife to remove the skin and pith from around the outside of the orange until you can only see the flesh. Then carefully section each piece, slicing along each pith divider so there is only the orange left and no skin. (Don't want to bother? Use 2 large cans of mandarin oranges instead.)
2. Squeeze juice from remains of oranges until you have 1/4c of juice (or used liquid from canned mandarins.)
3. Add the honey, vinegar, oil, mustard, salt, and red pepper flakes to the orange juice, whisking to blend.
4. Add the leafy greens, onion, orange segments, fennel, and olives.
5. Toss well to combine.