

Sunshine Salad

Prep time: 30 minutes

Makes: 6 Servings

Ingredients

2 3/10 ounces Lettuce, romaine
2 ounces Lettuce, green leaf
2 ounces Spinach, raw
1 ounce Carrots, shredded
1/2 cup Mandarin Oranges, canned, light syrup, drained
1/2 cup orange juice
2 teaspoons Oil, canola
2 teaspoons Sugar, light brown, packed
a pinch Salt, table
a dash Vanilla extract
3/8 teaspoon Vinegar, distilled



Directions

1. Green leaf lettuces should be cleaned, chilled and well drained. It may be necessary to separate leaves for thorough washing. Wash in a spray of water or in a large container of cold water. Repeat if necessary until all grit disappears. Shake off excess water, drain thoroughly in a colander and refrigerate.
2. Cut or tear the green leaf lettuces (with the exception of the spinach) into bite-size pieces. Hint: use a sharp knife if cutting the lettuce- a dull knife bruises the lettuce.
3. In a large salad bowl, lightly mix the romaine lettuce, green leaf lettuce and spinach together until thoroughly combined.
4. Top with shredded carrots, grape tomatoes and mandarin oranges.
5. **To prepare the orange dressing:**
Combine orange juice, canola oil, brown sugar, table salt, vanilla extract and vinegar in a mixing bowl.

6. Stir with a wire whisk for 1 minute or until thoroughly combined.
7. Cover. Refrigerate until served. For best results, refrigerate overnight to develop flavor.
8. Stir or shake well before serving.
9. Just before serving, dress the salad with orange dressing drizzled on top.

Notes

Additional Tips

Green leaf lettuces must not stand in water while chilling.

Cover to prevent dehydration.

You can substitute fresh, seedless orange sections for the mandarin oranges.