

LOVE THY CARROT

real food made with love

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WINTER BLOOD ORANGE SALAD

This recipe serves 4

INGREDIENTS FOR THE SALAD

8 - 10 cups of lettuce, any combination you like, torn into bite-sized pieces
2 blood oranges, cut into rounds or segments
4 radishes, thinly sliced
1 cup feta, crumbled or cubed
1/2 cup pistachios

INGREDIENTS FOR THE BLOOD ORANGE DRESSING

1/4 cup extra virgin olive oil
1 blood orange, juiced
1/2 shallot, finely diced
1 - 2 tsp honey, start with 1 tbsp
1 tbsp apple cider vinegar
1/4 tsp salt
fresh ground black pepper

DIRECTIONS FOR THE BLOOD ORANGE DRESSING

In a small bowl or measuring cup, whisk together all ingredients for the dressing. Taste and adjust the acidity, adding a little more vinegar or orange juice if desired. Taste again adding more salt as needed.

INSTRUCTIONS TO ASSEMBLE SALAD

In a large salad bowl or serving dish toss together the salad greens with as much dressing as you need, holding back a bit of the dressing. Top with the feta cheese, radishes and pistachios. Drizzle with a bit more dressing and a few grinds of black pepper. Serve.

COOKS NOTES

If you cannot find Blood oranges Cara Cara are also delicious.

You could add some chickpeas or any protein you like to turn this salad into a main.

Would be great with a grilled or roasted fish or cubes of tofu or tempeh.

I happen to love the combination of pistachios with blood oranges but you could use any nuts or seeds you like.

To make this salad vegan, try vegan feta, there are so many good ones on the market.