

Citrus Splash Salad

Makes 2 servings

This salad is refreshing with sweet oranges and grapefruits and crunchy radishes. Your child can help by whisking the dressing and mixing the salad.

Ingredients

For the dressing

- 1 tablespoon sesame oil or olive oil
- 2 tablespoons orange juice
- Pinch of salt
- Black pepper or other ground pepper

For the salad

- 5 cups chopped salad greens (romaine, red or green leaf lettuce, spinach, spring mix, mizuna, arugula, or a combination)
- 1 large orange, peeled and cut into sections
- 1 medium pink or red grapefruit, peeled and cut into sections
- ¼ medium red onion, thinly sliced
- 10-12 radishes, thinly sliced
- ¼ cup sliced or chopped almonds



Photo: Our Salty Kitchen

Directions

1. *Make the dressing:* Add the sesame or olive oil, orange juice, salt, and pepper to a small bowl and mix well with a fork.
2. Place all the greens into a large bowl. Add the dressing and toss well to combine.
3. Add the remaining salad ingredients and toss again.
4. Divide the salad onto serving plates and top each with a sprinkle of almonds.

Scan this code with your phone's camera for more recipes and healthy eating tips

