

Orange-Almond Salad

2 cups romaine or red leaf lettuce, torn into bite-sized pieces
¼ medium red onion, sliced, separated into rings
2 tablespoons slivered almonds toasted

Dressing:

1 tablespoon each white wine vinegar, orange juice, and lemon juice
½ teaspoon dried orange peel
1 teaspoon sugar
pinch each of dry mustard and salt
1-teaspoon olive or canola oil
½ 10-ounce can Mandarin orange segments, in juice, drained

Mix all dressing ingredients together. Toss with salad just before eating. Makes 2 portions.
Doubles easily.

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