

Asian Salad with Mandarin Orange Vinaigrette



Ingredients

Dressing:

- ½ cup rice vinegar
- 2 Tbsp olive oil
- 1 Tbsp brown sugar

Salad:

- 2 cups whole or sliced almonds
- 1 tsp olive oil
- 3 Tbsp honey
- ½ tsp coarse salt
- ¼ cup sesame seeds
- 11 oz can of mandarin oranges
- 2 heads butterhead or iceberg lettuce
- 1 cup chow mein noodles

Utensils

- Baking sheet lined with parchment paper
- Measuring cups and spoons
- Can Opener
- Spatula
- Knife
- Colander
- Salad Spinner
- Squeeze bottle
- Tongs
- A few bowls



Recipe Instructions

Step 1: Prep Almonds

Preheat oven to 375

In a small bowl combine almonds, olive oil, salt, and honey.

Stir to combine

Step 2: Toast Almonds

Spread almond mixture onto your parchment lined baking sheet and bake for 12 minutes

About halfway into baking, take the almonds out and add the sesame seeds. Mix them around on the baking sheet with a spatula to ensure even toasting.

Step 3: Lettuce

Cut the stem off the lettuce and discard

Peel layers off the head of lettuce and wash in a colander

Chop up lettuce into small pieces

Spin chopped lettuce in a salad spinner

Step 4: Measure Ingredients

Use the can opener to open your can of mandarin oranges and make sure to save the liquid!

Measure the chow mein noodles

Step 5: Dressing

To a squeeze bottle add mandarin orange juice, rice vinegar, olive oil and brown sugar

Shake to combine

Step 6: Finish and Enjoy!

Add all the salad ingredients into a large bowl and add half of your dressing, toss with tongs to coat

Use tongs to serve into bowls and offer the remaining dressing if you think it needs some more!



Scan this QR code with your phone to check out our Easy Eats for Every1 YouTube Channel!

Kitchen Safety Tips:

- Notify anyone in the kitchen that you will be using the oven
- Always use an oven mitt!
- Be extra careful when handling a knife