

K's Kitchen: Mandarins make the difference in salad

By Kathryn Reed

Sometimes it's the simplest of suggestions – like a different green salad – that can change a whole meal.

My friend Sheri knew I was having some friends over and lasagna was on the menu. She suggested the salad below. It's good to try new things. Seldom am I adventuresome with salads – I do the same old, same old.



Considering all that was being served was the lasagna, salad and bread (and wine of course) – changing the salad from my usual really did seem to change the whole meal.

With mandarins and tangerines such a good price because it's their season, now is the time to make this salad.

Sheri uses roasted almonds in her salad. I had walnuts on hand, so I chopped those up. Obviously, this is a different flavor, but the point is a nut in a green salad can be yummy. It's similar to the sunflower seed concept so many salad bars offer – a little salt and crunch.

The night friends were coming I used a spring mix of greens. Later I used fresh spinach. Both are tasty.

One thing to remember when using a dressing, pour it on at the last minute. And start off with less than you think you'll need. A little goes a long ways. You don't want soggy greens to be left on the plate.

The quantity for each ingredient will depend on how many

people you are serving. I think of a handful of lettuce as a serving. And don't use iceberg – there is no nutritional value in it and it has no flavor.

Sheri's Green Salad

Lettuce

Almond slices, roasted

Mandarins, peeled and pulled into individual pieces

Red onion, thinly sliced

Vinaigrette dressing

Put bite-size pieces of lettuce into large bowl. Add roasted almonds, onions and mandarins. Toss with dressing.