

# 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.