

Tangerine Salad

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: none

Serves: 4

CChints: The tangerine will be easier to zest if you do it before you cut them apart. The zest contains a lot of flavor that enhances the dressing. Flaxseed oil can be purchased at a health food store and needs to be refrigerated. It has a light nutty flavor and contains omega 3 which is good for your health.



Salad:

2 Tangerines

1 can sliced water chestnuts, drained

2 cups rotisserie chicken, bite size pieces

1/4 cup toasted pecans or pine nuts

Salt and pepper to taste

Garnish - 1/4 cup sliced yellow or purple onions

Dressing:

Zest from one tangerine

Juice from 2 tangerines, about 2 tablespoons

1 tablespoon rice wine vinegar

4 tablespoons extra virgin olive oil or flaxseed oil

Wash the outside of one of the nectarines. Use a microplane to zest one tangerine into a small mixing bowl. Cut each tangerine in half and cut each half into 3-4 sections. To catch all the juice, peel off the rind off over a small bowl and drain any juice from your cutting surface into the bowl.

Prepare the dressing before the zest starts to dry out. Hold onto the oranges and pour off the juice to get 2 tablespoons. Please the juice in the bowl with the zest. Add the vinegar and oil and whisk briskly to blend it all together. Set it aside while you prepare the rest of the salad.

Cut the pieces of water chestnuts into sticks and set aside. Cut the chicken into bite size pieces and set them aside.

To toast the nuts, heat a nonstick skillet over medium heat. Add the nuts to a hot, dry pan and stir occasionally for 5 minutes or until they turn slightly brown and you can smell their oils releasing. Remove from the heat.

Divide the salad among the 4 plates. Top with chicken, water chestnuts and oranges. Sprinkle with desired amount of onions and top with the nuts. Whisk the dressing again and sprinkle it over the four salads.

Caroleisous!