

## SALAD GREENS AND ORANGE SALAD

### *Ingredients:*

- 3 cups salad greens
- 2 navel oranges, peeled and separated into wedges
- 1 cup blanched almonds, sliced
- 1 cup fresh berries (e.g. strawberries)

### *The dressing:*

- 3 Tbsp olive oil
- 1 Tbsp balsamic vinegar
- 1 Tbsp orange juice (optional)
- 1 tsp brown sugar

### *Instructions:*

- Whisk the salad dressing ingredients in a small bowl.
- Combine all the remaining ingredients in a separate bowl.
- Add the salad dressing and mix.

Serves 4

**Tip: don't discard of the orange peel! Use it for steeping a nice tea, or add orange zest to your dessert. Grate 1 tsp of orange zest and add it to the salad dressing.**



### **Good to know**

Oranges are an excellent source of vitamin C, fibre and folate.