

Mandarin Orange Salad

Preparation Time: 20 minutes

Complexity: Easy

8 cups romaine lettuce, large head
chopped
1 cup green onions, sliced
1 can mandarin oranges, drained
(8oz)
¼ cup almonds, sliced, lightly toasted



Dressing:

3 tbsp olive oil
3 tbsp lemon juice
2 tsp honey
1 tsp parsley flakes

1. Mix dressing ingredients together well. Set aside in refrigerator.
2. Toss together lettuce, green onions, mandarin oranges, and almonds.
3. Toss salad with dressing. Serve immediately.

CHIP Tips:

- Add a festive touch, add some pomegranate seeds.

Serves: 8

Nutritional Information

1 Cup Serving	116 Calories	2g Prot (6%)	12g Carb (37%)	8g Fat (57%)	6g Sugar
	3g Fiber	8mg Sodium	0mg Cholesterol	44mg Calcium	