



# MANDARIN SALAD

**30 MINUTES**

**MAKES 2-4 SERVINGS**

*The perfect spring/summer salad, bright and punchy and lots of citrus flavour!*

## INSTRUCTIONS

### Pickled Red Onions:

Bring vinegar, water, sugar and salt to a boil. Remove from heat. Add onions. Cover and allow to sit 10-15 minutes. Reserve 2 Tbsps of vinegar mixture for dressing.

### Pink Poppyseed Dressing:

Combine all ingredients (excluding oil and poppyseeds) in a blender, food processor, or by hand with a whisk. Pulse or whisk well to combine. Slowly add oil until desired consistency. Stir in poppyseeds.

### Salad:

To assemble, combine all ingredients and dress with desired amount of dressing.  
Enjoy immediately!

## INGREDIENTS

### Salad:

1 Package of GoodLeaf Spring Mix

1/4 Cup of Cubed Feta

1/4 Cup of Slivered, Toasted Almonds

1/4 Cup of Pickled Red Onions - *Recipe Below*

1/2 Cup of Mandarin Oranges, packed in syrup, drained

6 Strawberries, hulled (if desired) & halved

Pink Poppyseed Dressing - *Recipe Below*

### Pickled Onions:

1 Red Onion, peeled & thinly sliced

1/2 Cup of White Vinegar

1/4 Cup of Water

1/8 Cup of Sugar

Healthy Pinch of Salt

### Dressing:

Juice of 1 Blood Orange (or Navel)

2 Tbsp of Pickling Juice, from onions

1 Clove of Garlic, peeled & minced

2 Tbsp of Honey

2 Tbsp of White Balsamic Vinegar

Salt & Pepper, to taste

1/4-1/3 Cup of Oil

1 Tbsp of Poppyseeds

