Smoky almond orange salad
RECIPE

Smoky almond orange salad

COOK TIME 0 min
PREP TIME 15 min
MAKES 6 servings

Ready for a dish that’s citrusy, nutty, cheesy and easy to make? You found it! This recipe is perfect when you want more than just the usual salad. It takes only 15 minutes to make, so give it a try tonight!

INGREDIENTS

- 2 navel oranges
- 2 tbsp. champagne vinegar
- 1 tsp. Dijon mustard
- 1/4 tsp. pepper
- 1 package of SEEDS OF CHANGE™ Organic Quinoa, Brown Red Rice with Flaxseed
- 1/2 cup crumbled feta or goat cheese
- 1 shallot, finely chopped
- 1 tsp. honey
- 1/2 tsp. salt
- 1/4 cup olive oil
- 1 package (6 ounces) baby spinach
- 1/2 cup chopped green onion

DIRECTIONS

1. Zest one orange and place in a medium bowl.
2. Working over the bowl to collect orange juice, cut peel from both oranges. Slice oranges crosswise and set aside.
3. Add shallot, vinegar, honey, mustard, salt and pepper to orange juice.
4. Gradually whisk in oil.
5. In large bowl, toss SEEDS OF CHANGE™ Organic Quinoa, Brown & Red Rice with Flaxseed with half the dressing.
6. Toss spinach, green onion, almonds, cheese and orange slices with rice and remaining dressing. Serve immediately.

NUTRITION INFO

Column 1	Column 2
Servings	6
Calories (per serving)	280
Total Fat	17g
Saturated Fat	3.50%
Trans Fat	0g
Total Fat % DV	26
Saturated Fat % DV	18%
Trans Fat % DV	0%
Cholesterol	N/A
Cholesterol % DV	N/A
Sodium	480g
Sodium % DV	20%
Total Carbohydrate	27g
Dietary Fiber	5g
Sugars	6g
Total Carbohydrates % DV	9%
Dietary Fiber % DV	20%
Protein	6g

You might also love...

Whole grain greek salad with cucumber, radish & mint

Cook time

5 min

Prep time

15 min

Mediterranean walking buddha bowl

Cook time

1.5 min

Prep time

5 min

Thai lettuce wraps with sticky cashews

Cook time

5 min

Prep time

15 min

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