



## Fresh Orange 'n Red Onion Frisee Salad with Citrus Dressing

### ***Citrus Dressing:***

- 3 Tablespoons orange juice
- 2 Tablespoons lemon juice
- 1 Tablespoon white wine vinegar
- 3 Tablespoons olive oil
- 1/8 teaspoon cayenne pepper
- 1/8 teaspoon smoky paprika
- 1/8 teaspoon garlic powder
- Salt and black pepper to taste

Whisk all ingredients together and set dressing aside.

### ***Salad***

- 3 large seedless oranges
- 1/2 small red onion, thin sliced
- 10 pitted Kalamata olives, halved
- 1/4 preserved lemon rind, chopped, optional
- 6 mint leaves
- 1/4 cup chopped cilantro
- 1 head frisee lettuce

Grate orange peel from oranges; set aside. Cut segments from oranges; place in large bowl. Add thinly sliced red onions, olive halves, lemon rind, mint leaves, and chopped cilantro. Toss lightly with 1 or 2 Tablespoons dressing. Set aside.

Wash lettuce and lightly dry. Carefully cut the bottom section; keeping the head loosely together; place frisee head on salad serving plate. Lightly drizzle with dressing. Spoon orange salad in center of frisee. Garnish with additional chopped cilantro. Drizzle salad with dressing as desired.

Yield: serves 4-6

Inspired by: <http://sweetandsavorykitchens.com/2010/12/30/corfu-salad-of-oranges-red-onions-and-olive>

**About the Recipe:** A refreshing fresh orange salad to serve with those rich Moroccan stews and tagines. The frisse lettuce has a slightly bitter edge but is mellowed by the naturally sweet citrus dressing and salty black Kalamata olives. If it's available at your local market, add a touch of preserved lemon for a sparkling exotic flavor.

#### A WORD ABOUT FRISEE

Frisee, a member of the endive/chicory family, has angel hair finely curled leaves and a slight bitter flavor. It's popular in France, and an elegant salad vegetable. Its round shape makes the frisee more tender and produces both light and dark green leaves. Serve it raw with a citrus or acid dressing.

Make sure to wash and swirl the greens to remove any dirt and sand. A trip to a salad spinner or colander will spin greens to drain and dry or remove excess moisture with paper towels.

#### For More Information See:

<http://kitchengardenfarm.com/vegetable-pages/frisee#.VpXVvfkrLXU>  
<http://kitchengardenfarm.com/vegetable-pages/frisee#.VpXVvfkrLXU>