



Mache, Avocado & Orange Salad

Serves four

- 2 small oranges – peeled
- 2 scallions – chopped
- 1 tsp. grated fresh ginger
- 1 tsp. honey or agave
- 1 TBS soy sauce
- 2 TBS rice vinegar
- 1 TBS vegetable or Canola oil
- ¼ tsp. sesame oil
- 4 cups washed Mache or baby spinach
- 1 TBS toasted sesame seeds
- 1 handful of alfalfa sprouts
- 1 small ripe avocado (or ½ large)

Separate the orange wedges, making sure you have no white on them. Place the oranges in a sieve, over a bowl.

Add the scallions, ginger, honey, soy sauce and rice vinegar to the orange juice rendered from the oranges. Mix well. Slowly whisk in the oils. Set aside.

In a bowl mix together the mache, alfalfa sprouts and sesame seeds. Drizzle the dressing on top and toss well. Place the orange segments and the avocado in the bowl. Toss carefully so as not to mash the avocado or the oranges. Serve and enjoy!

CALORIES 172.67; FAT 10.77 grs (sat 1.25; mono 5.88; poly 2.53); PROTEIN 2.53 grs ; FIBER 4.56 grs; CARBS 18.85 grs; CHOLESTEROL 0.00 mg; IRON 1.95 mg; SODIUM 261.25 mg; CALCIUM 65.61 mg

