

Mandarin and Spinach Salad with a Mandarin Sesame Vinaigrette

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Mandarin Sesame Vinaigrette

Combine the following ingredients in a jar:

½ cup of rice vinegar

½ cup of sesame, sunflower or almond oil

1-2 tsp of mandarin zest (the grated rind from one peel - best done before juicing)

¼ cup of fresh squeezed mandarin orange juice (one to two mandarins)

1 Tbs. of toasted sesame oil

1 Tbs. of tamari or soy sauce

Mandarin and Spinach Salad

Ingredients:

1 lb bag of baby spinach leaves or mixed baby greens

Slices from 1-2 mandarin oranges (peel apart the wedges and cut in half)

¼ cup of dried sweetened cranberries

2 Tbs. of walnuts or pecans, either toasted or candied almonds, chopped

3-6 oz of goat chevre

Place the pre-washed spinach in a large salad bowl. Toss the spinach (or mixed baby greens), the mandarin oranges, and the cranberries, with the dressing. Sprinkle the nuts and goat cheese over the top of the salad and serve. This is a delicious late autumn salad.