Orange Nest Salad

A fresh, crunchy salad featuring bright orange ingredients and a zesty ginger-orange dressing. Pairs great with grilled chicken or salmon!

Servings: 4-6

Ingredients

Salad:

- 3 medium carrots, julienned or shredded
- 1 orange bell pepper, thinly sliced
- 1 cup mandarin orange segments (fresh or canned, drained)
- 2 cups shredded green cabbage
- ½ cup green onions, thinly sliced
- ¼ cup fresh cilantro, chopped (optional)
- 1 cup crunchy chow mein noodles
- ¼ cup slivered almonds or chopped peanuts

Ginger-Orange Dressing:

- 3 tablespoons freshly squeezed orange juice
- 1 tablespoon rice vinegar (or apple cider vinegar)
- 1 tablespoon soy sauce
- 1 tablespoon honey (or maple syrup for a vegan option)
- 1 teaspoon freshly grated ginger
- 1 teaspoon sesame oil
- 3 tablespoons olive oil
- A pinch of red pepper flakes (optional)

Instructions

Prepare the Salad:

1. In a large bowl, combine the shredded carrots, orange bell pepper slices, mandarin oranges, shredded cabbage, and green onions.
2. Toss gently to mix.

Make the Dressing:

1. In a small bowl or jar, whisk together the orange juice, rice vinegar, soy sauce, honey, grated ginger, sesame oil, and olive oil.
2. Add a pinch of red pepper flakes if desired for spice.
3. Shake or whisk well until combined.

Assemble the Salad:

1. Drizzle the dressing over the salad and toss until evenly coated.
2. Just before serving, sprinkle the crunchy chow mein noodles and slivered almonds/peanuts on top for texture and flavor.
3. Serve immediately and enjoy!