

ASIAN ORANGE & PEAR SALAD

INGREDIENTS

- 1 large orange, cut into segments (8-10)
- 1 cups red bell pepper, minced fresh
- 1 cup carrots, shredded
- 2 cups asian pear, cut into thin slices
- ½ cup edamame, shelled, cooked
- 1 cup red cabbage, thinly shredded
- 1 cup cucumber, cut in half, thinly sliced

Orange Ginger Dressing

- 1 teaspoon shallots, minced
- 1 teaspoon orange zest
- ¼ cup orange juice, freshly-squeezed
- 1 teaspoon ginger, finely grated
- 2 tablespoons rice vinegar
- 2 teaspoons cilantro, finely chopped
- ¼ cup grapeseed oil, or other neutral oil
- black pepper, to taste
- kosher salt, to taste

METHOD

Step 1

Combine all salad ingredients in a large bowl.

Step 2

Whisk together all dressing ingredients in a medium-sized bowl, except for the oil. Gradually whisk in the oil, until a slightly thickened dressing is achieved.

Step 3

Add the desired amount of dressing to the salad and gently combine. Add more salt and pepper as needed. Enjoy immediately once dressing is added.