

The Mangrove Galley

by Sandi Mieszczenski

Sandi's recipes are featured here monthly. For previous issues go to <http://www.theconchtelegraph.com>.



We are now enduring one of the hottest summers ever. With the high temperatures and heat index coupled with little to no rain, we are in the midst of some very uncomfortable weather. Anything to get out of the kitchen is a relief. For my husband and myself that usually means salads. The recipe below is one of my favorite salads. It can be served as a side as is, or you can purchase a rotisserie chicken and place chicken chunks on it for a refreshing meal. Try it and I promise that you will like it.

MANDARIN ORANGE SALAD

- 1/2 cup silvered almonds
- 5 tablespoons sugar, divided
- 1 head of Romaine lettuce (you can vary the salad by using 1/2 Romaine and 1/2 of another type of lettuce such as Boston or bibb)
- 1/2 cup chopped celery
- 1/2 of a thinly sliced red onion
- 1 - 11-ounce can of Mandarin oranges, well drained

- Dressing
- 1/4 cup vegetable oil
 - 2 tablespoons red wine vinegar
 - Dash of Tabasco sauce (optional)
 - Salt and pepper to taste

In a sauce pan, sauté the almonds with the sugar until lightly browned. Tear or cut the lettuce and place in a large bowl. Add the sugared almonds, celery, onions, and the oranges, tossing well.

To prepare the dressing, mix together the oil, vinegar, Tabasco, and the salt and pepper. Pour the dressing over the salad just before serving and toss one more time.

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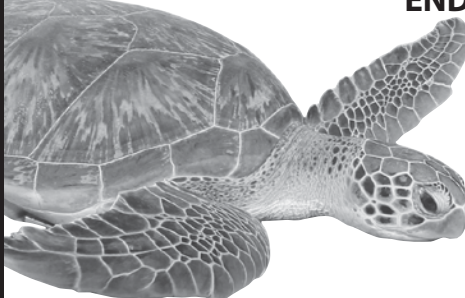
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