



Butter Lettuce, Orange & Blueberry Salad

INGREDIENTS

(Serves 6 as main, 8-10 side)

2 heads of Butter, Bibb or Boston lettuce

3 oranges, segmented

1 pt. of blueberries

1/4 cup pecans, roasted & chopped or sunflower or pumpkin seeds

1/2 of red onion, small diced

3 scallions, sliced

Dressing

5 tsp Orange juice

4 tsp lemon juice

4 tsp lime juice

2/3 c olive oil

cilantro, minced

1 T ginger, grated

2-3 crushed garlic clove

salt, pepper

INSTRUCTIONS

1. Wash and completely dry the lettuce. Gently tear it into bite size pieces and place in the serving bowl. Then prep the onions and scallions and add to the bowl.

2. If you are using pecans, place them in a 300° oven for 5-8 minutes to lightly toast. Or you can toast them in a pan on the stove. If you are using seeds such as sunflower or pumpkin, you can toast them or not.

3. Toss together the lettuce, scallions, onions, 2/3 of the orange segments, 2/3 of the blueberries, 2/3 of the pecans or seeds, reserving the remainders of each to decorate the top of the salad.

4. Whisk together all the ingredients and lovingly pour over the salad and mix well. Do not over dress the salad. You just want it all lightly coated. Then using the rest of the oranges and nuts decorate the top.

This is a wonderfully, refreshing summer salad. Or anytime salad. I think it will brighten any BBQ. Pair it with spicy ribs. Pair it with grilled meats or sausages. Pair it with whole roasted fish. Go ahead, pair it with anything.