

# Orange & Broccoli Salad

## Ingredients:

(Serves 6-8)

- 3 cups broccoli, chopped (fresh or frozen)
- 1 Tablespoon almonds, chopped
- 2 11-ounce cans Mandarin oranges, in their own juice
- 2 green onions (or scallions), chopped (optional)
- 1 Tablespoon olive oil
- Salt, to taste
- Pepper, to taste



## Directions:

- 1** Place one inch of water in a saucepan on medium-high heat. Place broccoli in the saucepan and cover tightly with a lid. Steam broccoli flowerets in covered saucepan for 3 minutes.

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- 2 Remove the broccoli from the pan and rinse under cold water until it is no longer warm. Put broccoli in a bowl and chill it in the refrigerator.
- 3 Drain the Mandarin oranges, but save some of the juice. Chop the oranges into pieces no larger than  $\frac{1}{2}$  an inch.
- 4 In a medium-sized bowl, combine chopped almonds, drained Mandarin oranges, 2 tablespoons of juice from the Mandarin oranges, green onions (optional), and the olive oil. Toss gently and let it sit for about 15 to 30 minutes.
- 5 When ready to serve, pour the orange mixture on chilled broccoli and toss very gently.
- 6 Season to taste with salt and pepper and serve. Remember to chop broccoli into smaller pieces, no larger than  $\frac{1}{2}$  an inch.

## Tips:

1. You may use slivered almonds too, just be sure to chop them into smaller pieces for small children.
2. You can also use chopped pieces of fresh oranges, but you may need to use some orange juice.

