

Seven Citrus Salad with Mint



PREP: 20 minutes active, 15 minutes inactive | **COOK:** 0 minutes | **YIELD:** 4 x 1-cup servings

When you combine seven exotic citrus fruits with the snap of mint you wind up with one of the freshest salads around. The crisp colors, tangy flavors and juicy texture make winter feel like summer. Ahhh!

- 1 **Cara Cara orange**
- 1 pink or red **grapefruit**
- 1 **blood orange**
- 2 **mandarin oranges**
- 1 **cocktail citrus** (omit if you can't find)
- 1 **ugli fruit** (Jamaican tangelo)
- 4 **kumquats**, peels washed well, halved lengthwise and thinly sliced, removing any seeds
- 2 Tbsp (30 ml) finely chopped fresh **mint leaves**

Using a knife, or by hand, remove peels from Cara Cara orange, grapefruit, blood orange and mandarins. Pull apart sections, cut into bite-sized pieces and add to a bowl. Using a knife, cut away peel of cocktail citrus and ugli fruit. Then, using a paring knife, cut between membranes to remove fruit segments. Place segments in bowl. Add kumquats and mint. Toss to combine and refrigerate for about 15 minutes before serving.

NUTRITIONAL VALUE PER SERVING:

Calories: 148 | Calories from Fat: 2 | Protein: 2 g | Carbs: 36 g | Total Fat: 0.2 g | Saturated Fat: <0.1 g | Trans Fat: 0 g | Fiber: 5 g | Sodium: 9 mg | Cholesterol: 0 mg

Chilled Asparagus Salad



PREP: 10 minutes active, 1 to 2 hours inactive | **COOK:** 1 minute | **YIELD:** 5 x 1-cup servings

Asparagus is one of my absolute favorite veggies. It's crisp, satisfying and pairs well with just about anything. In this case, we've spiced it up with wasabi paste and red pepper flakes, dressed it with sesame seeds and balanced it all out with a dash of sweetness. Perfect? You'd better believe it!

- 2 lbs (908 g) **asparagus**, cut into 2- to 3-inch pieces, stalk ends trimmed
- ½ tsp (2.5 ml) prepared **wasabi paste**
- ½ tsp (2.5 ml) **Dijon mustard**, or to taste
- 1 Tbsp (15 ml) **rice vinegar**
- ½ tsp (2.5 ml) **honey, brown rice syrup** or **yacon syrup**
- 2 tsp (10 ml) **sesame oil**
- Pinch **sea salt**
- Pinch **red pepper flakes**
- 1 tsp (5 ml) **sesame seeds**

Prepare a large bowl of ice water.

Steam asparagus until tender-crisp, about 1 minute. Transfer asparagus to bowl of ice water to stop cooking. Drain.

In a large bowl, whisk together wasabi paste, Dijon mustard, rice vinegar, honey or syrup, sesame oil, sea salt and red pepper flakes. Add asparagus and sesame seeds and toss to coat. Refrigerate until chilled, about 1 to 2 hours. Can be made a day ahead.

NUTRITIONAL VALUE PER SERVING:

Calories: 60 | Calories from Fat: 21 | Protein: 4 g | Carbs: 8 g | Total Fat: 2 g | Saturated Fat: 0.5 g | Trans Fat: 0 g | Fiber: 4 g | Sodium: 40 mg | Cholesterol: 0 mg

