

Salad with Onion Dressing

Recipe By *Brynie Greisman*



Cooking and Prep:  15
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Serves:  6

Contains: 

Preference: Parve

Difficulty: Easy

Occasion: Yom Kippur

Diet: Vegetarian, Gluten Free,
Low Carb, Vegan, Pescetarian

Source: Family Table by
Mishpacha Magazine

This salad is very attractive to serve. Aside from the interesting ingredients, the pink dressing makes it elegant, and people always wonder what's in it to give it that gorgeous color. I save this salad for Yom Tov or other special occasions

Ingredients (12)

Salad

- 1 head lettuce (I prefer the romaine for the darker contrast color), cut up
- 1 can mandarin oranges, drained (or use an orange or clementine with the skin/membrane removed, cut into segments)
- 1/2 box large sprouts
- 1-2 cups fresh snap peas cut in half (if not available, use 1-2 cups frozen string beans, microwaved for 5-

minutes)

3/4 cup roasted cashews

Dressing

1 small red onion

3 cloves garlic, or to taste or 3 cubes **Gefen Frozen Garlic**

2-3 tablespoons **Haddar Dijon Mustard** or 1 teaspoon dry mustard

1/3 cup vinegar (gluten free, if needed)

1/4 cup sugar

1/2 teaspoon salt

1/2 – 3/4 cup oil

Start Cooking

For the Salad

Thank you, Gitel A.

1. Mix all dressing ingredients in food processor and set aside.
2. Put all salad ingredients (aside from nuts) in a large bowl. You can even layer them, trifle style, for a nice effect. Top with dressing and cashews. Alternately, place dressing and nuts in small bowls and serve on the side.

Note:

Dijon mustard is French mustard that is light in color, but fairly strong in flavor. American yellow mustard is a mixture of the mildest mustard seeds with vinegar, sugar, and turmeric (which is what makes it yellow). There is such a flavor difference between the two, that we don't generally substitute one for the other.

Tip:

To make the dressing low-fat, cut down on the oil and substitute water for the missing liquid. It's a very flavorful dressing, so you won't miss it. Also, be sure the onion is really red (on the inside too if possible!) so the dressing will be pink. The first time I used this salad in a course I gave, I was literally frantic that the dressing would come out white and not pink (and then what's the big deal?!). I "warned" the women that it might happen. Don't despair – it could happen, but it tastes just as good. (If you use regular mustard, the dressing will be an unsightly orange!)

Credits

Photography: Daniel Lailah

Styling: Michal Leibowitz