

Mini Trifle Salads

Recipe By *Brynie Greisman*



Cooking and Prep:  20
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Serves:  13

No Allergens

Preference: Parve

Difficulty: Easy

Occasion: Purim

Diet: Vegan, Low Fat, Low

Carb, Vegetarian, Pescetarian

Source: Family Table by

Mishpacha Magazine

Cuisines: Asian

I don't know anyone who doesn't welcome a fresh crisp salad any time, and all the more so on Purim, when we've had our fill of chocolate and junk and literally crave something normal and healthful to eat! This can be made in a large trifle bowl or in mini trifle bowls.

Ingredients (12)

Salad

- cut romaine lettuce
- purple cabbage, shredded
- 4 tomatoes, sliced in half-moons

- 1/2 pound (225 grams) fresh mushrooms, sliced
 - mandarin orange sections
 - handful of sunflower seeds, toasted
 - handful of slivered almonds, toasted
 - chow mein noodles (*optional*)
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Dressing

- 6 tablespoons vinegar
 - 4 tablespoons brown sugar
 - 1 teaspoon salt
 - 2–4 tablespoons oil
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Start Cooking

Prepare the Salad

1. Assemble the salad in the order listed.

Note: Tomato slices and mandarin slices should be laying flat. Mushroom slices should be standing up lining the inside of the bowl.

Tip: These present beautifully when arranged in tall, wide goblet glasses and set near each place setting, or in the center of the table in a formation.

Variation: Use just lettuce, purple onion, and dried cranberries for the salad. Add nuts and chow mein noodles. For the dressing use 1–2 tablespoons oil, 1/4 cup balsamic vinegar, 1 teaspoon sesame oil (*optional*), 1/2 teaspoon salt, 1/4 teaspoon pepper, 1/4 cup sugar or honey. Dietetic version Use Splenda or other sugar substitute instead of sugar and leave out the nuts. Use only half the amount of oil and the rest water.

Prepare the Dressing

1. Mix the dressing ingredients together and set aside (can be done a day or two before and refrigerated).
2. Pour the dressing over the salad right before serving.

Credits

Photography: Daniel Lailah

Styling: Michal Leibowitz