



Orange and Spanish Olive Salad

by Dr. Linda Shiue

This simple, refreshing salad is made from a surprising combination of ingredients. Note that most of the salty flavor comes from the olives, so adding extra salt is unnecessary. This is something to keep in mind when you are using salty ingredients in other recipes too.

If you're making this in the winter, Cara Cara oranges are a great in-season choice. Added bonus: the salad's vitamin C content will give your immune system a boost to help fight off colds.

Servings: 4 | **Prep Time: 5 minutes**

Ingredients

2 navel oranges, peeled, pith removed, cut into thin discs
4 to 6 large fresh mint leaves, torn
2 tablespoons Marcona almonds, coarsely chopped
10 green pitted Spanish olives
1 pinch sea salt
Freshly ground black pepper to taste
1 tablespoon extra-virgin olive oil, preferably a medium fruity Spanish one
1/2 navel orange, for juicing

Directions

Peel the two oranges by using a paring knife to remove the peel and pith. Try to cut along the round shape of the orange. Cut the peeled oranges into 1/4-inch thick discs. Arrange the orange slices on a small serving platter. Top with the mint, almonds, olives, a sprinkle of sea salt, pepper, and the olive oil. Squeeze the juice of the remaining 1/2 orange over the salad just before serving.

Nutrition Information (per serving)

Calories: 128
Fat: 9 g
Protein: 2 g
Sodium: 133 mg
Sugar: 7 g