



MANDARIN PASTA SALAD

Guest Demonstration by Lisa Regina

August 31, 2019

A salad for your Memorial Day cookout! Easy to prepare and delicious!

Dressing Ingredients:

1 tsp	finely chopped, peeled, fresh gingerroot.
1 clove	garlic, finely minced or pressed
1/3 cup	rice vinegar
1/4 cup	orange juice
1/4 cup	Extra virgin olive oil
1 tsp	sesame oil
1 envelope	onion soup mix
2 tsp	sugar

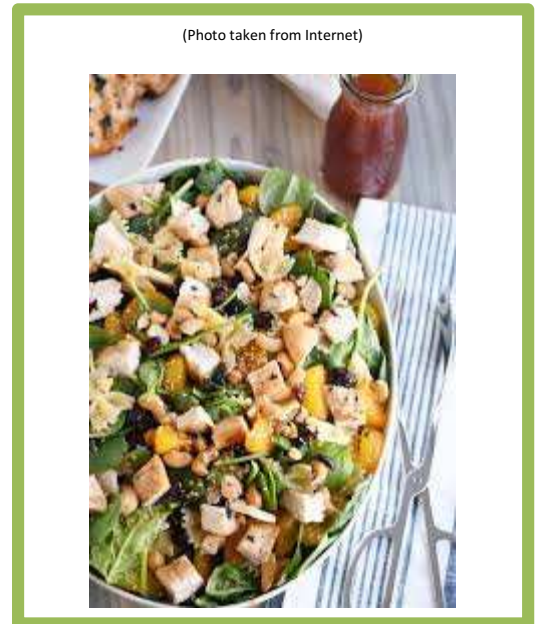
Salad:

8 oz	bow tie pasta, cooked
1/2 cucumber	scored, seeded and sliced
1/2 cup	red bell pepper diced
1 pkg (6oz)	fresh baby spinach
11oz can	mandarin orange segments, drained
2 cups	diced, cooked chicken
1/2 cup	sliced almonds, toasted

Combine ingredients for dressing in a jar with lid and shake well.

Combine all ingredients for salad

Pour dressing over salad, mix and serve.



*Substitute pine nuts or toasted walnuts for the almonds if desired.
Add other fruit such as blueberries or even dried cherries or cranberries.
Eliminate Chicken for a vegetarian version OR use salmon for a nonmeat version.*

Find all of our Market Recipes at the Ocean Pines Website:

<http://oceanpines.org/forms-docs-cat/farmers-market-recipes/>