

Winter Salad with Orange Vinaigrette

We call this a “winter salad” because it uses cabbage, a cold-season vegetable, and citrus, which is grown during the winter months.

PREP TIME 30 mins (includes time for kids to wash and chop the vegetables)

TOTAL TIME 40 mins (10 minutes to put it all together!)

SERVINGS 4 Servings

KITCHEN GEAR

- Cutting board
- Sharp knife (adult needed)
- Measuring cup
- Measuring spoons
- Clean jar with tight-fitting lid
- Medium-sized bowl
- Salad servers or tongs
- Box grater (adult needed)

INGREDIENTS

For the Orange Vinaigrette:

- 2 tablespoons orange juice
- 2 tablespoons fresh lemon juice or vinegar
- 1/4 cup olive oil
- 1 teaspoon kosher salt
- pinch black pepper

For the salad:

- 1 head romaine lettuce, washed and chopped
- 1/4 head red cabbage, cored and shredded thinly
- 1 orange, peeled and pulled apart into sections
- 1/2 cup toasted green pumpkin seeds (or another toasted seed or nut)
- 1/4 cup grated cheddar cheese or crumbled feta cheese

INSTRUCTIONS

1. Make the Orange Vinaigrette: Put all the vinaigrette ingredients in the jar, screw the lid on tightly, and shake until well mixed.
2. Make the Salad: Put all the salad ingredients in the bowl, add half the vinaigrette, and toss well. Taste a piece of lettuce. Does it need more dressing? If so, add it and toss again.
3. Serve right away. Leftover dressing can be refrigerated for up to 1 week.

NOTES

GET CREATIVE

To make the vinaigrette even more orangey, grate a little of the orange zest into it before you juice the orange! If you don't have pumpkin seeds, use roasted sunflower seeds instead! Flavored vinegars are great in salad dressings; try apple cider or red wine vinegar with this recipe and taste how it changes the flavor profile! You can also add a myriad of fresh or dried herbs to your vinaigrette and increase that flavor punch. Try using dried basil, fresh rosemary or some freshly minced garlic! Lastly, don't stop at the ingredients we have listed for this salad. You can add tomatoes, olives, sliced lunch meats, bell peppers, green or purple onions, various fruits including mandarin oranges, blueberries, strawberries or diced apples, and the list goes on!