

Betty's Asian Lettuce Salad



Published on 25 Aug 2012

In this video, Betty demonstrates how to make Asian Lettuce Salad. This is green, leafy salad that is loaded with goodies like Mandarin orange segments and chow mein noodles.

Ingredients:

about 3 cups rinsed and dried romaine lettuce, torn in bite-size pieces

about 3 cups rinsed and dried red leaf lettuce, torn in bite-size pieces

½ cup sliced green onion (about 3 onions)

½ cup chopped dry roasted macadamia nuts (You may substitute chopped pecans, almonds, or cashews.)

11-ounce can Mandarin orange segments, drained

1 cup (or more) chow mein noodles

Poppy Seed Dressing (The recipe for Poppy Seed Dressing is available in [bettyskitchen](#); you may use another dressing, if you prefer.)

Prepare romaine and red leaf lettuce and place in large salad bowl. Add ½ cup sliced green onion, ½ cup chopped dry roasted macadamia nuts, an 11-ounce can drained mandarin orange segments, and 1 cup (or more) chow mein noodles. Toss gently, until ingredients are evenly distributed. Serve immediately. To serve, place a generous serving on a salad plate and drizzle Poppy Seed Dressing over the top. If you plan to serve this later, do not add the chow mein noodles until serving time; otherwise, they will become limp. Just cover the salad bowl with plastic wrap and, at serving time, add chow mein noodles and toss. This is a delightful, light salad that I hope you will enjoy! --Betty :)