

Betty's Tangy Citrus Salad Recipe



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In this video, Betty describes how to assemble her original Tangy Citrus Salad. It has a zing that you won't soon forget!

Ingredients (for one salad):

- 3 outer leaves of Boston lettuce (you may use bibb, iceberg, or red leaf lettuce--or spinach)
- 1 tangelo, peeled and sliced (you may use any type of orange or tangerine)
- 1/2 cup English walnuts
- 1.5 oz. package raisins
- 1/4 cup lemon juice
- 1/4 cup Splenda (or other artificial sweetener or sugar)

In an individual serving plate, place 3 leaves of Boston lettuce at the center in a circular pattern. Cut the tangelo slices in half, and arrange 6 of them in a spiral at the center on top of the lettuce. Sprinkle the salad with as many of the English walnuts as you like. Sprinkle the salad with as many of the raisins as you like. Make the salad dressing by combining the 1/4 cup lemon juice with the 1/4 cup of Splenda. Drizzle as much of the dressing over the salad as you like. Serve cold. This healthy salad is tasty and excellent!

I suggest that you serve this salad with my Grilled Salmon, some brown rice, and a whole-wheat yeast roll.