Recipe For Health | OCTOBER 2017

CITRUS SPINACH SALAD

The rest of the Pistachio Crusted Whitefish recipe by Chef Rajeev. It's also delicious on it's own. This vinaigrette recipe is worth memorizing!

by Executive Sous Chef Rajeev Patgaonkar, MSU Kellogg Center

Featured Food: Citrus

Yield: Serves 4

Ingredients

Salad Vinaigrette

1 lb. raw baby spinachzest and juice of 1 orange12 orange segmentszest and juice of 1 lime12 grapefruit segments1 large shallot, quartered

 $\frac{1}{2}$ c. red onion, thinly sliced 2 t. olive oil 12 grape tomatoes, cut in half lengthwise $\frac{1}{2}$ t. sea salt

¼ t. ground black pepper1 pinch of cayenne pepper

Preparation

In a large mixing bowl combine spinach, orange segments, grapefruit segments, red onion and tomatoes. Purée vinaigrette ingredients in blender or food processor then slowly drizzle over salad mixture until lightly coated.

pro tip: Serve with Pistachio-Crusted Whitefish for a complete and delicious meal!