Nsalata di Aranciu (Orange Salad)



It’s hard to believe that this simple Italian salad has such a unique flavor from common ingredients. You have to taste it to believe it!

I grew up eating this with crusty, homemade Italian bread still piping hot from the oven. My mother served it around Christmas and into January.

Ingredients

3 oranges

Sprigs of fresh mint leaves (but dried will do)

A good drizzle of cold pressed, extra virgin olive oil

Pinch of Celtic salt

Freshly ground pepper (a must, as it makes the whole dish sing)

So easy…….

- Peel the oranges, cut into bite sized pieces and smash down so they extrude their juice. (When the olive oil is mixed with the orange juice, it makes the salad's distinctive flavor.)
- Cut mint into ribbons and intersperse on top of the oranges
- Drizzle olive oil over the mixture, add salt and pepper to taste and mix well
- Serve in a festive dish

Mangia!

My health philosophy combine sound nutrition, like this delicious salad, with the curative power of homeopathy. To schedule a free 15-minute conversation with me, **contact our office.**