

Spanish Salad

Serves 4-6

- 1 small head frisee, torn into bite-size pieces
- 1 small head radicchio, shredded into bite-size pieces
- 2 tablespoons sherry vinegar
- 1 clove garlic, minced
- 1 teaspoon kosher salt
- 5 tablespoons olive oil
- 2 oranges, peeled and cut into segments
- ½ fennel bulb, thinly sliced
- ½ cup Marcona almonds
- Manchego cheese, shaved, optional

Ingredients: Mix together the frisee and radicchio. In a separate bowl, mix together the vinegar, garlic, salt and olive oil. Put the lettuces on a large platter (or on individual plates) and top with the oranges, fennel, almonds and cheese, if using. Toss with the dressing, and serve immediately.

Per serving: 200 calories, 4 g protein, 12 g carbohydrate, 17 g fat (2 g saturated), 0 cholesterol, 456 mg sodium, 5 g fiber.