

Cara Cara Chop Salad | From Near and Far

Yield: 5 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/near-east-taboule-salad-recipe>

Ingredients:

- 1/4 cup lime juice Freshly Squeezed
- 1/4 teaspoon sea salt I used Himalayan
- 1/8 teaspoon black pepper
- 1/2 tablespoon honey I used local, ethically-sourced honey
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon garlic finely minced
- 4 cups radicchio Chopped, I used curly kale, but frisée or any hardy green would work as well
- 1 cup celery cut into small 1/2 inch pieces
- 1/4 cup chives Chopped
- 1 cup orange segments Cara Cara, halved, I used about 2 navel oranges, and supremed mine
- 1/2 cup mint leaves Roughly Torn, I used spearmint
- 1 cup peanuts toasted and coarsely chopped, I used slivered almonds instead

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 16 grams
3. Fat: 20 grams
4. Fiber: 5 grams
5. Protein: 9 grams
6. SaturatedFat: 3 grams
7. Sodium: 150 milligrams
8. Sugar: 4 grams

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