

# Blood Orange Salad

A healthy winter salad packed with fruit and vitamin's

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## INGREDIENTS

- 1 sweet apple
- some lemon juice
- 1 romaine lettuce head
- 1 small red onion
- 2-3 blood oranges
- 1 handful walnuts
- about 100g feta cheese
- 2tbsp natural flavoured yogurt
- 2tbsp freshly pressed blood orange juice
- salt
- pepper



## DIRECTIONS

1. De-seed the apples and slice them finely. Add into a big salad bowl and squeeze in some lemon juice. Mix shortly with your hands to cover the apples with the lemon juice. This will stop the apple slices from browning.
2. Chop the romaine lettuce. Peel the onion and slice finely. Add the lettuce and the onion to the salad bowl.
3. Peel the blood oranges with a sharp knife (peeling a citrus fruit with a dull knife can be very frustrating). Then slice the blood oranges and add to the salad bowl. If you are going to plate the salad onto a separate serving plate, you can leave some blood orange slices aside for decoration.
4. Add a handful of walnuts to the salad and crumble in the feta cheese. Mix the salad well.
5. To make the dressing combine the yogurt with the blood orange juice, season with salt and pepper and mix until well combined.
6. Serve the blood orange salad with some drizzled dressing on top.