

Watercress & Belgian Endive Salad with Black Olive Vinaigrette

Phillis Carey, author, cooking instructor



A green salad. But different. Mediterranean flavors.

VINAIGRETTE:

1/2 cup pitted black olives, Kalamata, divided use

1 clove garlic, minced

1/2 teaspoon fresh rosemary, chopped

3 tablespoons red wine vinegar

5 tablespoons extra virgin olive oil

Salt & pepper to taste

SALAD:

1 small red onion, halved, thinly sliced

2 tablespoons red wine vinegar

3 whole Navel oranges, skinned, cut in sections

2 bunches watercress, thick stems discarded

2 whole Belgian Endive, halved, thinly sliced, cut at last minute

1/2 cup Italian parsley, chopped

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 6

Actually this salad is very light. Delicious. Would be great with steak, any grilled meat.

1. Coarsely chop 1/4 cup of the olives and place in a small, separate bowl.
2. Place remaining olives in food processor with the garlic and rosemary, pulse to chop. Add vinegar and pulse to combine. Add this mixture to the separate bowl of olives and using a ball-bearing whisk, combine the mixtures. Season to taste with salt and pepper, then cover and refrigerate up to one day ahead. May also be left at room temperature for up to 2 hours.
3. Salad: place the onion slices in a small bowl and cover with cold water. Stir in the vinegar and allow this to stand for at least 10 minutes (more if you'd like less pungency to the onions). Drain.
4. Using a sharp knife, peel the oranges, removing all the white pith. Cut between the membranes to release the orange sections and place in the salad bowl. Do this job over the bowl to save any of the orange juice. Add the watercress, endive, parsley and drained onion. Toss with dressing and season with salt and pepper if needed. Serve immediately.

Per Serving (excluding unknown items): 165 Calories; 13g Fat (64.8% calories from fat); 2g Protein; 14g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 108mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1/2 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.