



Citrus Confetti Salad

1 cup frozen orange juice concentrate, thawed

½ cup chopped shallots (optional)

¾ cup fresh lime juice

2 tablespoons Dijon mustard

1¼ teaspoons ground cumin

1 teaspoon fine sea salt

½ teaspoon xanthan or guar gum

2¼ gallons romaine lettuce, or 3 pounds romaine torn or sliced into bite-size pieces

1 quart navel oranges, sectioned and then

halved (or fresh mandarin, clementine, tangerine or satsuma segments), avoid using canned fruit

2½ cups cherry tomatoes, halved or quartered, depending upon size

3 cups jicama, peeled and julienned into ⅛ inch matchsticks (optional)

1½ cups yellow or orange bell peppers, seeded and finely diced

1 cup fresh cilantro, coarsely chopped (optional; omit when serving with other dishes having cilantro or serve on the side)



Add first seven ingredients in order listed to a blender, being careful to sprinkle in the gum last, just before blending. Blend on high speed until very smooth and set aside for flavors to meld. Prepare salad ingredients and keep them refrigerated until dressing the salad immediately before serving, or serve dressing on the side. Distribute ingredients throughout and over the top for a colorful presentation. If dressing the salad before serving, toss it first with only half of the dressing, taste and add more dressing as needed according to taste. Note: Whenever possible, for crisper greens in all salads, soak them in ice water for 30 to 45 minutes before spinning them dry.

Yield: 25 2-cup servings

Note: There will be extra dressing for those who prefer heavily dressed salads.