

# Romaine Salad with Oranges and Pecans

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A real favorite!

## Ingredients:

2 heads Romaine lettuce (wash & tear into bite-sized pieces)  
1 cup pecan halves, toasted 250 mL  
2 oranges, peeled & sliced

## Dressing:

1/4 cup vinegar 60 mL  
1/2 cup vegetable oil 125 mL  
1/4 cup sugar 60 mL  
1 tsp. salt 5 mL  
1/2 small red onion, chopped  
1 tsp. dry mustard 5 mL  
2 Tbsp. water 30 mL

## Instructions:

Place lettuce, pecans and oranges in salad bowl. Combine dressing ingredients in blender. Blend until well mixed. Make ahead and refrigerate until ready to toss salad. Use extra dressing as a dip for fresh fruit! Serves 6-8.

## Candied Pecans

8 oz. raw pecan halves  
1 teaspoon kosher salt  
1/2 teaspoon cayenne pepper  
1/2 cup sugar (I use cane sugar)

## The how-to:

1. Preheat oven to 350 degrees.
2. Bring 8 cups of water to a boil in a medium sized saucepan.
3. Boil pecans for 2 minutes. Removed and drain the nuts in a strainer.
4. Return pecans to the pot, toss with salt & cayenne pepper.
5. Toss nuts with the sugar, starting with just a few tablespoons at a time until the pecans are evenly coated and you've used the entire 1/2.
6. Arrange nuts on a well greased baking sheet and bake for 20 minutes or so, stirring occasionally.
7. Remove from oven, cool and store in airtight container.