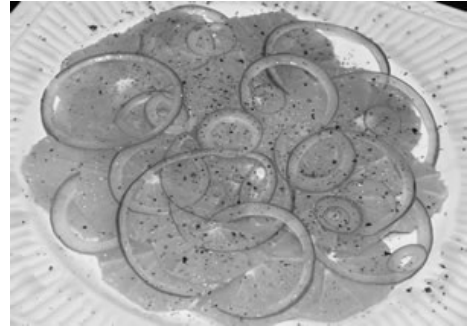


Orange & Onion Salad

3 ea Oranges
1/4 ea Red Onion
1/4 c Olive Oil
to taste Fresh Ground Pepper



1. Peel and thinly slice the oranges.
2. Thinly slice the onion.
3. Place the orange slices and onion on a platter and sprinkle the olive oil and pepper over the top.

This salad is nice and light and is a good way to start a meal because it will perk up the taste buds for the food to follow. At certain times of the year you can get blood oranges that are sweet and have great color. Right now the tangerines and Mandarin oranges are in season. Your olive oil should always be extra virgin, cold pressed and of good quality.

Olive oil is one of the good fats that can actually help lower your cholesterol. The orange of course is full of vitamin C, which during the cold season is important to keep your immune system up. The onions and pepper are great for cleansing any impurities out of the system.

Be creative, have fun and enjoy!!!