

**Side Dish**

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# **Spiced Orange Salad**

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**Servings: 8**

**Preparation Time: 10 minutes**

**3 large seedless navel oranges**

**1 tablespoon olive oil**

**1/2 teaspoon salt**

**1/4 teaspoon ground cinnamon**

**1/4 teaspoon ground coriander**

**1/4 teaspoon ground cumin**

**1 clove garlic, minced**

**2 tablespoons fresh cilantro (for garnish), chopped**

Grate the rind from one orange with a zester or citrus grater.

Remove the peel and pith from all of the oranges.

Slice the oranges into 1/2-inch-thick round slices. Place in a small mixing bowl with the zest.

In another small bowl, combine the olive oil, salt, cinnamon, coriander, cumin and garlic.

Pour the dressing over the oranges and toss carefully.

Arrange the orange slices on salad plates and garnish with fresh cilantro.

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Per Serving (excluding unknown items): 16 Calories; 2g Fat (93.2% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 133mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fat.