



# Noche Buena Salad

A popular Mexican Christmas dish, this simple and colourful salad features a refreshing combination of vegetables and fruit.

Makes 4 Servings

## Ingredients

2 heads romaine lettuce, chopped  
3 beets, roasted or steamed and cut into slices  
1 cup jicama, cut into matchsticks  
3 oranges, cut into supremes  
1 apple, sliced  
¾ cup pomegranate seeds  
1/3 cup peanuts, roasted and chopped

For the dressing:

1/3 cup orange juice  
¼ cup white vinegar  
1 clove garlic, minced  
2 tbsp olive oil  
Salt and pepper, to taste

## Steps

1. Add romaine to a serving bowl or individual bowls if you prefer. Arrange the beets, jicama, oranges, and apples over the lettuce. Sprinkle pomegranate seeds and peanuts on top.
2. To make the dressing, whisk together the orange juice, vinegar, and garlic. Slowly add the oil and continue whisking. Season with salt and pepper.
3. Pour dressing over salad and serve.

## Nutrition Information

303 Calories | 43.4g Carbohydrates | 13.8g Fat | 1.9g Saturated Fat | 9.8g Fibre | 7g Protein | 72mg Sodium | 29.1g Sugar

Source: [www.dorastable.com](http://www.dorastable.com)