



Caramelized Walnut + Orange Spinach Salad

Originally posted 02-Dec-2014, Updated 24-Mar-2022

Level: Easy

Prep Time: 30 minutes

Serves: 10 to 12

Cook Time: -

1 (1.5 lb.) container baby spinach (See Notes 1 below)

Caramelized Walnuts:

1 large egg white

1/3 cup white granulated sugar

1 $\frac{3}{4}$ cups walnut halves

Garnishes:

6 seedless oranges (see Notes 2 below)

1 (3 oz.) package Wun Tun Strips, Original Flavor

1 (4 oz.) package sliced almonds



Dressing:

4 Tbsp. white granulated sugar

1 $\frac{1}{2}$ tsp. coarse kosher salt

4 Tbsp. white vinegar

$\frac{1}{4}$ tsp. ground black pepper

2 Tbsp. vegetable oil

$\frac{1}{4}$ tsp. roasted sesame seeds

2 Tbsp. toasted sesame oil

To make the caramelized walnuts: Preheat the oven to 350°F. In a medium bowl, mix together the egg white and sugar until well blended. Add the walnuts and mix until all are coated. Place walnuts evenly on a baking sheet in a single layer. Bake for 8 minutes, stir, then bake for another 8 minutes. Remove from the oven, stir again, and let cool completely. Store caramelized walnuts in an airtight container to retain crunchiness.

To prepare oranges: Completely remove the orange peel. While holding the orange over a medium bowl, carefully cut the oranges into wedges, saving all the dripping juice in the bowl. (Be careful not to cut yourself!) Completely remove all the rind from the wedges. Leave as wedges or cut oranges into bite-sized pieces. Set aside oranges and any juice.

To assemble salad: Mix all dressing ingredients. (Double the recipe if you like a lot of dressing.) Set aside. Place greens in a large salad bowl. Toss in caramelized walnuts, orange wedges/pieces, wun tun strips, and sliced almonds. Pour the orange juice over the entire salad. Pour dressing over entire salad and toss, or pour individually. Serve immediately.

Notes:

1. I use a Half and Half Spring Mix and Baby Spinach packaged salad blend.
2. Use sweet and juicy oranges, like Ka'u or Australian Naval.