

Orange & Red Onion Salad

Ingredients:

8 or more oranges (or small blood oranges) trim & cut out "supremes", approx. 4 cups of slices

1 medium red onion, peeled & sliced into very thin rounds, approx. 1 ½ cups

½ tsp coarse sea salt or kosher salt (or to taste)

Coarsely ground black pepper, to taste

2 tbsp. extra virgin olive oil

1 tbsp. chopped fresh Italian Parsley

Directions:

Shave off the peel and all the pith of each orange and gently slice into rounds about 1/3 of an inch thick. Peel and slice the onion. Lay out the orange rounds on a platter, separate onion rings and scatter over the top. Sprinkle with salt and a generous amount of pepper. Drizzle 2 tbsp. of your best olive oil over the top, sprinkle with parsley, and serve.

Serves 6