

Mango Butter Lettuce Salad

Ingredients:

- 1 head Butter Lettuce
- 1 Mango, peeled and sliced
- ¼ cup Feta, crumbled
- 1/8 cup walnuts, toasted
- 1/8 cup pine nuts, toasted
- 1 grated lemon rind
- Lemon juice from the lemon
- 1/8 cup mint leaves, chopped
- 1 tsp. salt
- 1 tbsp honey
- 2 tbsp. olive oil
- ¼ tsp. pepper



Method:

1. Make the dressing by whisking warm honey, lemon rind, lemon juice, salt and pepper together. While whisking gradually add olive oil. Stir in mint.
2. On a large platter arrange lettuce leaves, sliced mango on top, sprinkle with toasted nuts and feta. Sprinkle with the dressing and serve.

Recipes from Ingrid at Quiltessential Co. Inc. St. Albert, Alberta.