



mango, cranberry & candied pecan salad

This is the most versatile salad around - perfect for brunch, nice for lunch (add chicken and goat cheese and make a meal of it) and elegant at dinner. The combination of homemade sugared pecans (lethally delicious), chunks of sweet mango and tart cranberries are tossed in a delicious honey mustard dressing.

SERVES: 6



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ingredients

Sugared Pecans

- 1 large egg white
- 1 tbsp water
- 4 cups pecan halves
- 1 cup sugar
- 1 tsp ground cinnamon
- 3/4 tsp kosher salt

* Put half the sugared pecans in the salad – save the rest for a sweet snack.

Honey Mustard Dressing

- 1/4 cup honey
- 1/4 cup seed mustard
- 1/4 cup honey mustard
- 1/4 cup rice vinegar
- 1/4 cup canola oil
- 2 tbsp orange juice
- 1/4 tsp kosher salt

- 10 cups romaine lettuce torn into bite-size pieces
- 2 mangoes, peeled and diced
- 1/4 cup dried cranberries

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directions

1. For the pecans, preheat oven to 250°F. Coat a baking sheet with non-stick cooking spray. In a large bowl, whisk the egg white and water until bubbles form. In a medium bowl, mix sugar, cinnamon and salt. Add pecans to egg whites, mixing to coat. Add sugar mixture, tossing pecans until they are coated. Spread pecans on prepared baking sheet and bake for 1 hour, stirring every 20 minutes.
2. For the dressing, in a medium bowl, whisk honey, seed mustard, honey mustard, vinegar, oil, orange juice and salt.
3. In a large bowl, place lettuce, diced mango and cranberries. Add 1/2 cup sugared pecans and salad dressing, tossing well to combine.

“Mango is like a drug. You must have more and more and more of the Mango until there is no Mango left. Not even for Mango!”

– MANGO, 'SATURDAY NIGHT LIVE'

