



## Pineapple Garden Salad With Calamansi Vinaigrette Recipe

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Preparation Time	10
Cooking Time	5
Serving Size	6

### Ingredients:

#### **DRESSING:**

- - reserved pineapple syrup
  - 1/4 cup calamansi juice
  - 1 1/2 Tbsp honey
  - 1 1/2 Tbsp onion, red, minced
  - 3/4 cup canola oil
  - 1 tsp salt
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- 200 g lollo rosso lettuce, trimmed
  - 1 can DEL MONTE Sliced Pineapple (227g), drained, reserve syrup
  - 1/2 cup cucumber, sliced lengthwise then sliced into thin half-moon
  - 1/4 cup cashew nuts, roasted
  - 1/4 cup kesong puti, sliced into 1/2-inch cubes

### Preparation:

1. In a bowl, mix the reserved pineapple syrup, calamansi juice, honey, and red onion. Slowly drizzle the canola oil while whisking. Season with salt. Set aside.
2. Toss the lettuce, DEL MONTE Sliced Pineapple, cucumber, cashew, and kesong puti with the dressing.

### Chef's Tip

Slowly drizzle the oil into calamansi and pineapple syrup mixture so that the oil slowly incorporates into the mixture and the dressing emulsifies.

### Lusog Notes

This recipe is a source of vitamin A that is not only important for eye health but also helps in making the immune system healthy. Vitamin A also promotes growth and development.

### Cooking Skills Needed

- Mixing
- Slicing

### Cooking Tools

- Measuring Cups
  - Chopping Board
  - Measuring Spoon
  - Spatula
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