

Red RomaBlend® with Caramelized Figs, Oranges & Feta

Servings

6

Calories

390

Prep Time

15 minutes

Total Time

30 minutes

Skill Level

Medium

Ingredients

- 3 cups Mann's Red RomaBlend
- 2 English hothouse cucumbers
- Caramelized Figs (recipe below)
- 3 medium navel oranges, segmented, with juice reserved
- ½ cup crumbled feta cheese
- Citrus Vinaigrette (recipe below)

For the figs:

- 1 pint figs, halved lengthwise
- ½ cup sugar
- ¼ teaspoon salt
- ¼ cup marsala wine
- 2 tablespoons unsalted butter
- 1 teaspoon fresh lemon juice

For the vinaigrette:

- ¼ cup reserved orange juice from segmenting the oranges above
- 2 tablespoons white wine vinegar
- 2 teaspoons honey mustard
- 1 small clove garlic, crushed
- ½ cup extra virgin olive oil
- Salt and pepper, to taste





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The Method

In a shallow bowl, stir together the sugar and salt. Press the cut side of each fig into the sugar mixture to coat. Heat a large skillet over high heat and add figs, cut sides down. Cook until the sugar and juices caramelize, about 3-4 minutes. Turn the figs over and continue to brown the other sides.

Remove figs from the skillet and add the marsala wine. Cook to reduce until slightly thickened, about 30 seconds, scraping up any brown bits from the bottom of the pan. Remove the pan from the heat and add butter and lemon juice, stirring to combine. Add the figs back to the pan and toss gently to coat. Set aside until salad is assembled.

While the figs are cooking, whisk together the orange juice, vinegar, garlic, and mustard. Add the oil in a thin stream, whisking constantly, until the dressing is emulsified. Season with salt and pepper to taste.

To assemble, slice the cucumbers thinly lengthwise on a mandoline. Using two slices per salad, build six rings on the plates you will be serving on. The moisture in the cucumbers will hold them together.

In a large mixing bowl, toss the Red RomaBlend, orange segments, about $\frac{3}{4}$ of the figs and feta with the dressing. Using tongs, place mounds of the salad in the center of each cucumber ring, and scatter the remaining figs on the plates.

Nutrition Facts

Serving Size: 298g | Servings: 6

Amount Per Serving

Calories 390 | Total Fat 26g (sat 7g trans 0g) | Cholesterol 20mg | Sodium 300mg | Total Carbohydrate 34g | Dietary Fiber 3g
Sugars 29g (Includes 17g Added Sugars) | Protein 4g | Vitamin D 0% | Calcium 10% | Iron 6% | Potassium 8%