

## ***Alyson's "Committee Salad"***

### **Ingredients:**

#### Dressing

- 1/2 cup oil
- 3 tbsp red wine vinegar
- 1 tbsp lemon juice
- 2 tsp sugar
- 1/2 tsp salt
- 1/2 tsp dry mustard
- 1 garlic clove, crushed

#### Salad

- 1/2 cup of sunflower seeds, shelled
- 1/2 cup of silvered almonds
- 1 head of romaine lettuce
- 2 green onions. finely chopped
- 2 fresh mandarin oranges
- 1 ripe avocado, peeled and sliced

### **Directions:**

Combine dressing ingredients in a jar, shake to blend. Roast nuts/seeds in oven – approximately 300 F for 8 minutes. Prepare remaining ingredients. Add cooled seeds and almonds. Toss with dressing just before serving.