



Chef ETL's Spanish-Style Layered Orange Salad with Toasted Almonds & Olives

Servings: 4

Preparation Time: 20 minutes

Start to Finish Time: 10 minutes

Inspired by Mom's Favorite Almond Salad

SALAD:

3 each navel oranges, peeled and sliced (substitute 1 blood orange, if available)

3 tablespoons almonds, sliced

3 tablespoons Castelvetro olives, roughly chopped (or Manzanilla olives)

2 tablespoons fresh flat-leaf parsley, chopped

1 tablespoon red onion, finely minced

1 pinch flaky sea salt

freshly ground pepper

DRESSING:

2 tablespoons fresh orange juice (reserved from the oranges)

1 tablespoon white wine vinegar

2 tablespoons extra virgin olive oil

2 teaspoons honey

1/2 teaspoon orange zest, finely grated

1 pinch Kosher salt

freshly ground pepper

Inspired by a classic recipe from Cuisine at Home Magazine and the Lancaster County Honey Producers. This refreshed version celebrates the bright flavors of fresh citrus, toasted almonds, buttery olives, and a light honey-orange vinaigrette while honoring the simple elegance of the original.

10/12/2009: Made for myself

7/25/26: Worked with ChatGPT to lighten this dish. Chef ETL's Enhancements: To elevate this classic recipe, the oranges are peeled to remove the bitter white pith before being thinly sliced for a cleaner presentation. The almonds are lightly toasted to enhance their rich, nutty flavor, the red onion is briefly soaked in ice water to mellow its sharpness, and the original dressing is brightened with fresh orange juice and orange zest. Castelvetro olives add a buttery, mild flavor, though traditional Manzanilla olives work beautifully as well. These simple refinements preserve the spirit of the original while creating a fresher, more vibrant salad.

Serving Ideas: Pairs wonderfully with grilled halibut, salmon, shrimp, roasted chicken, or pork tenderloin.

Per Serving (excluding unknown items): 127 Calories; 7g Fat (46.0% calories from fat); 1g Protein; 17g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 38mg Sodium; 13g Total Sugars; 0mcg Vitamin D; 48mg Calcium; trace Iron; 198mg Potassium; 27mg Phosphorus. Exchanges: .



TOAST THE ALMONDS (15 minutes):

Place the sliced almonds in a dry skillet over medium heat. Cook, stirring frequently, until lightly golden and fragrant, about 3 to 4 minutes.

Transfer immediately to a plate to cool.

Once cooled, roughly chop about half of the almonds, leaving the remaining slices whole. This creates a more interesting texture throughout the salad.

SOFTEN THE ONION (while almonds are prepared):

Place the minced red onion in a bowl of ice water for 10 minutes.

Drain thoroughly and pat dry (This preserves the crisp texture while removing much of the onion's sharp bite).

MAKE THE VINAIGRETTE (10 minutes):

In a small bowl whisk together: fresh orange juice, white wine vinegar, honey, orange zest, Kosher salt, black pepper.

Slowly whisk in the olive oil until the dressing becomes smooth and emulsified.

PREPPING THE ORANGES (15 minutes):

Using a sharp knife, cut about 1/4 inch from the top and bottom of each orange.

Stand the orange upright and carefully remove the peel and all of the white pith, following the curve of the fruit.

Once completely peeled, slice the oranges crosswise into 1/4-inch rounds. As you slice, use the tip of a paring knife to remove any large seeds you encounter. Save any juice that collects on the cutting board or plate and add it to the vinaigrette.

ASSEMBLE THE SALAD (5 minutes):

Arrange the orange slices in slightly overlapping rows or concentric circles on a chilled serving platter. Scatter the toasted almonds, chopped olives, softened red onion, and parsley evenly over the oranges.

Drizzle with the Honey-Orange Vinaigrette

Finish with flaky sea salt, freshly ground black pepper, and, if desired, a very light drizzle of extra virgin olive oil.

Serve immediately.