

Try Something Fresh

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Getting to know Canola oil. A regular stocked item, order for the holiday season, not just for cooking!

FEATURING:

December 4th to January 6th, 2018
16L \$22/container



Canola oil, or canola for short, is a vegetable oil derived from rapeseed that is low in **erucic acid**, as opposed to **colza oil**. There are both **edible** and industrial forms produced from the seed of any of several **cultivars** of **rapeseed Brassicaceae** family of plants.



Mixed Greens and Avocado Salad

Dressing with Canola Oil = Delicious!

Because of its light flavor, high smoke point, and smooth texture, canola oil is one of the most versatile cooking oils. You can use it in a number of dishes and cooking methods, like:

sautéing, stir-frying, grilling and baking, in salad dressing, sauces and marinades.



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Food Safety

Roseland Produce is committed to our customers and employees by making food safety a priority. Roseland is in compliance with the strictest food safety regulations.



Ingredients

- 8 cups torn mixed salad greens
- 1 sweet red pepper
- 1 avocado peeled, pitted and sliced
- 1/4 cup sliced almond toasted
- 2 tablespoons unsalted sunflower seeds
- Dried cranberries (optional)
- 1/4 cup canola oil
- 2 tablespoons chopped fresh chives or green onions
- 1 teaspoon grated lemon rind
- 2 tablespoons lemon juice
- 1 tablespoon Dijon mustard
- 1 garlic clove minced
- 1/4 teaspoon salt and pepper each

Method

Dressing: In small bowl, whisk together oil, chives, lemon rind and juice, mustard, garlic, salt and pepper.

In large bowl, toss salad greens, red pepper and avocado with dressing to coat. Sprinkle with almonds and sunflower seeds. Makes 4 to 6 servings



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