

Fennel and Orange Salad

Serves 4



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



Ingredients

- 4 ounces arugula or other greens
- 3 oranges
- 1 fennel bulb with fronds
- $\frac{1}{4}$ cup extra virgin olive oil
- Salt and pepper to taste

Directions

1. Cut one orange in half and squeeze out the juice. Mix 2 tablespoons of the juice with olive oil and salt and pepper to taste and whisk together.
2. Slice the ends off remaining oranges and use a small knife to cut away the peel and white pith. Slice into thin rounds.
3. Cut off the stems of the fennel bulb and remove any bruised or discolored outer layers, reserving the feathery fronds. Cut the bulb in half lengthwise and cut out any tough core parts. Cut the bulb halves lengthwise into slices as thin as possible. Cut off several fronds for garnish.

Notes

To serve all at once, place arugula and fennel into a large serving bowl and toss with half the vinaigrette. Add orange slices and fronds, top with remaining dressing (you may not need it all) and serve.

To portion for lunches, divide arugula, fennel, and fronds into 4 containers. Keep orange slices and dressing in separate containers and add just before serving.

Recipe from Cook Well Berkeley: Spring Salads & Vegetables, Spring 2016