

Fresh Fennel and Citrus Salad

Ingredients (Serves 4 - 6)

- 1 large bulb of fennel, with fronds
- 2 large navel oranges, peeled and sliced into rounds
- 1 large red grapefruit, supremed
- 1- 2 Tb fresh lemon juice
- ½ cup Castelvetrano (or similar) olives, pitted and halved
- ¼ cup extra virgin olive oil
- ¼ cup of mint, minced
- ¼ cup of shelled pistachios
- Fennel fronds, for garnish



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Directions

- Trim fronds from the fennel bulb and rinse bulb under cold water to remove any dirt.
- Lay the widest side of the fennel bulb on the cutting board and trim the root end to be flush with the rest of the bulb. Slice the bulb in half.
- Over your cutting board, use a mandolin (be careful!) to thinly slice each half of the fennel bulb. If your slices are not bite sized, use your knife to cut them into bite sized pieces. Add the slices to a large bowl.
- Use a sharp knife to peel the rind and pith (white part) from the oranges. Once peeled, slice the oranges into rounds. Add them to the fennel bowl.
- Squeeze the juice from the peeled orange rind into fennel bowl.
- Supreme the grapefruit and add to the fennel bowl.
- Add the remaining ingredients, except pistachios and fennel fronds, to the bowl with the citrus and fennel. Gently stir.
- Top with pistachios and fennel fronds.
- Serve and enjoy!

Culinary Tip:
This dish is best served fresh and is a great salad to brighten up a gray winter day and make use of citrus fruits at their peak freshness!

Nutrition Tip:
Fennel is a natural source and several powerful compounds (anethole, apigen, quercetin) that decrease inflammation.



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