

Fennel, Orange and Arugula Salad

This salad is incredibly refreshing, crunchy, a little sweet and a tad peppery. I love all these flavors blended together. You could use a blood orange if you want a bit less sweet and more tart. This recipe makes enough salad for two if its a meal and four if its a side.

Ingredients

Fennel bulb, de-stemmed, halved, cored, thinly sliced
1/2 Navel Orange, halved and quartered, removed peel with a knife to hold shape, thinly sliced
Juice from Orange
Arugula*
Sea Salt
Olive Oil
champagne vinegar (optional)**

Preparation

Prepare fennel bulb as described above. Place in appropriately sized bowl. Season with salt to your liking. Then drizzle a light coat of olive oil. Toss and set aside.

Prepare Navel orange as described above., Set aside.

Grab two large handfuls of washed and cleaned arugula greens and place in an appropriate sized bowl. Lightly drizzle with olive oil and about a teaspoon of orange juice (from the peel). Toss. Portion the arugula on plates as desired. Top with a handful of sliced fennel. Garnish with orange slices.

Notes:

*If you are not a fan of arugula you can use any salad greens that you like. Because you will loose the peppery flavor in the arugula you may want to season with black or white pepper as well.

** If you find that the orange is “too” sweet for your palate, you can add a drizzle of champagne vinegar as well.

