

Mixed Lettuce, Fennel & Orange Salad

About 4 Servings

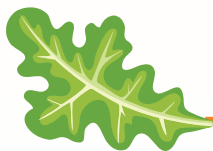
Ingredients:

Dressing:

2/3 cup extra virgin olive oil
1/3 cup balsamic vinegar
Juice from 1/2 lemon
1 tsp Dijon mustard
1 tsp honey
Salt and freshly ground black pepper

Salad:

5 oz. package of mixed lettuces (about 4 to 6 handfuls)
1 fennel bulb, trimmed and thinly sliced
2 medium navel oranges, peeled and cut into quarters
3/4 cup Kalamata olives, whole or pitted
Parmigiano-Reggiano cheese



Instructions:

To Prepare Dressing:

In a small bowl combine all of the dressing ingredients. Whisk until ingredients are well blended. Season with salt and freshly ground pepper to taste.

To Prepare Salad:

In a large bowl, toss the lettuce, fennel and orange slices with the dressing. Sprinkle with Parmigiano-Reggiano cheese. Serve fresh or chilled.

Preparation Tips:

- To add flavor and color, try using other lettuces like arugula, radicchio or red leaf.
- Also known as finocchio, fennel is a light, crunchy vegetable similar to celery, with a taste reminiscent of licorice. Fennel bulbs can be found in the vegetable section of your grocery store and are best during the spring and summer months.

