

Apple Fennel Salad with Dijon Vinaigrette

Ingredients

Salad:

- 1 large fennel bulb, sliced thin
- 2 Tbs fennel fronds, chopped
- 2 celery stalks, sliced thin
- 1 tart apple, sliced thin
- 1/4 c walnut halves
- 1.5 oz parmesan cheese, shaved with veggie peeler



Dressing:

- 1 Tbs lemon juice
- 1/2 tsp Dijon mustard
- 2 Tbs olive oil
- Salt and pepper to taste

Yield: 4 salads

This recipe is a way to savor the last warm days before Autumn sets in. Fresh fennel, celery, and apple combine for a juicy and crispy salad brightened by a light lemon vinaigrette. Eat a double portion with grilled protein for a light dinner, or serve as a side salad with baked chicken and orzo.

Instructions:

1. Very thinly slice fennel, celery, and apple using sharp knife or mandolin, place in serving bowl along with fennel fronds, walnuts, and parmesan cheese.
2. In a small mixing bowl, combine lemon juice and mustard. Slowly pour in olive oil while whisking until emulsified. Salt and pepper to taste.
3. Pour dressing over salad and toss until well coated.



Amber Phillips MS RD
Registered Dietitian