

Orange and Fennel Salad

Ingredients:

Serves 8

8 oranges
2 fennel bulbs
½ red onion, peeled and thinly sliced
4 tablespoons olive oil
1-1/2 tablespoons champagne vinegar
Salt and pepper
8 ounces mixed baby salad greens

Preparation:

Peel oranges and slice crosswise to make rings. Remove the seeds and place rings in a large salad bowl saving as much juice as possible. Cut the tops off the fennel bulbs saving a few ferny leaves for garnish. Remove any dried or discolored stalks from the outside of the bulbs and trim off the bottoms. Quarter the bulbs lengthwise and then slice crosswise into thin strips. Add to salad bowl. Use your judgment about how much of the red onion slices to add as half an onion may be too strong for eight oranges. Place the oil, vinegar, salt and pepper in a glass jar and shake until emulsified. Lightly toss the baby greens in 1/3 of the dressing and divide equally between 8 chilled plates. Toss the orange and fennel with the remaining dressing and place on top of the mixed greens. Garnish with reserved ferny leaves. This is a most refreshing salad for the hottest days of summer, full of flavor and texture.