

Citrus and Fennel Salad

Prep Time: 20 minutes

Cook Time: 0 minutes

3 C mixed greens (arugula, spinach, and frisée)

1 lg orange, segmented

1 lg grapefruit, segmented

1 sm fennel bulb, thinly sliced

1/4 C pomegranate seeds

1/4 C Blood Orange tea, brewed and

cooled

3 T olive oil

2 T white wine vinegar

1 T honey

1 t poppy seeds

Salt and pepper to taste

Prepare the dressing: In a small bowl, whisk together the brewed tea, olive oil, white wine vinegar, honey, and poppy seeds. Season with salt and pepper to taste.

Assemble the salad: In a large bowl, combine the mixed greens, orange segments, grapefruit segments, fennel slices, and pomegranate seeds.

Dress the salad: Drizzle the dressing over the salad and toss gently to combine.

Serve immediately: Enjoy this enchanted salad as a refreshing starter or a light main course.