

RECIPE

Fennel Salad



- 4 Tbsp lemon juice (or lime)
- 1 Tbsp honey (optional)
- 1/3 cup extra virgin olive oil
- 1 1/2 tsp salt and pepper to taste
- 1/4 tsp smoked paprika

Instructions

1. Whisk the oil, lemon juice, honey, smoked paprika together with salt and pepper in a large bowl. Add the fennel, apple, onion and jalapeño, breaking up any pieces and gently folding the ingredients together.
2. Garnish with fennel fronds, pomegranate and pumpkin seeds or with whatever you have for extra color, flavor and texture (and nutrients). Serve and enjoy!

Ingredients (6-8 people)

- 2 fennel bulbs, thinly sliced crosswise, preferably cut in a mandolin
- 1 small red onion julienned
- 2 red apples (I used Fuji), quartered and thinly sliced (I used the mandolin)
- 1 jalapeño, thinly sliced crosswise, no seeds
- 2 handfuls of massaged* kale, chopped (*with a little olive oil and salt)