

Salad

Fruity-Fennel Salad

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Servings: 4

zest and juice of three large oranges

1 fennel bulb, thinly sliced

3 tablespoons berry vinaigrette

1/4 teaspoon Kosher salt

4 cups spring mix salad blend

3 tablespoons slivered almonds

Zest and grate the orange peel. (No white; one teaspoon).

Peel the oranges and cut into segments. Squeeze the membranes (or other orange) for juice (1/2 cup).

Cut the fennel in half lengthwise. Slice the fennel, white part only (2 cups).

Combine the orange juice and zest, fennel, vinaigrette and Kosher salt in a salad bowl.

Add the spring mix and toss to coat evenly.

Top with the almonds and serve.

Per Serving (excluding unknown items): 58 Calories; 4g Fat (52.1% calories from fat); 2g Protein; 6g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 149mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fat.