



Orange and Fennel Salad

Ingredients:

4 large oranges, peeled, pith removed, separated into slices.
1 fennel bulb, rinsed bruises trimmed
1 head Romaine lettuce, washed, spun and chopped
¼ red onion, thinly sliced
1/3 cup cilantro or mint leaves, rinsed and chopped (optional)
3-4 Tb. olive oil (best quality)
1-2 Tb. lime juice, freshly squeezed
salt and pepper to taste

Directions:

Cut each orange slice in half and place in mixing bowl.
Cut fennel bulb in half and remove hard inner core. Slice into thin strips and add to salad bowl. Add red onion.
Toss with olive oil, lime juice, fresh herbs, salt and pepper.
Spread Romaine leaves on a platter and top with salad mixture.