



Summer Salads

CITRUS-FENNEL SALAD

Ready In: 30 mins Serves: 4

Nutrition: Calories 111.8, Protein 3.9g, Carbohydrates 11.2g, Fat 6.4g, Sodium 468.4mg, Sugar 6.5g

INGREDIENTS

- 1 cup orange, peeled and sliced into rounds (2 oranges)
- 1 cup fennel bulb, thinly sliced
- ¼ cup radish, thinly sliced
- ¼ cup oil-cured black olive, pitted and slivered
- ¼ cup parmesan cheese, shaved

VINAIGRETTE DRESSING

- 2 tablespoons fresh orange juice
- 2 tablespoons white wine vinegar
- 1 tablespoon shallot, minced
- 1 tablespoon olive oil
- 1 teaspoon sugar
- 1 teaspoon fennel seed toasted and crushed
- ½ teaspoon salt
- ¼ teaspoon fresh ground black pepper

DIRECTIONS

Prepare:

1. Peel oranges, cut off top and bottom, just to the pulp. Cut away peel and pith, following the curve of the fruit. Cut orange into thin rounds.
2. Thinly slice the fennel using a knife or a mandoline.
3. Trim the stems and roots from radishes, and thinly slice. Set aside.
4. Toast fennel seeds. Then, with mortar and pestle, crush seeds until fragrant.

Combine:

The ingredients for the vinaigrette dressing and set aside.

Toss:

In a large bowl, toss the fennel, radishes, and vinaigrette with arugula. Use your hands— it's gentler on the greens and coats them evenly.

Assemble:

To assemble the salad, first lay down 3–4 orange rounds. Mound some salad mixture on top. Garnish with olives and shaved Parmesan.



WATERMELON, FETA AND BLACK OLIVE SALAD

Ready In: 15 mins Serves: 8

Nutrition: Calories 165, Protein 5.1g, Carbohydrates 10.8g, Fat 12.3g, Sodium 386.3mg, Sugar 6.6g

INGREDIENTS

- 1 small red onion, cut into thin half moon slices
- 2-3 limes, juice of
- ½ lb feta cheese, cut into 1 inch cubes
- 4 cups watermelon, cut into 1 inch cubes
- ½ cup pitted oil-cured black olive
- 1 cup whole flat leaf parsley
- ¼ cup chopped of fresh mint
- 3 tablespoons extra virgin olive oil
- ½ teaspoon fresh ground black pepper

DIRECTIONS

1. Place the onion slices in a small bowl, add the juices from the limes; set aside.
2. In a large bowl, combine the feta cheese cubes with the watermelon cubes, the black olives, parsley, mint, olive oil, and pepper.
3. Add the onion and lime juice mixture and gently toss to combine.

STRAWBERRY ARUGULA SALAD WITH BASIL, BLACK RICE & GOAT CHEESE

Ready In: 15 min Serves 8

Nutrition: Calories 190, Protein 4.8g, Carbohydrates 26.4g, Fat 8.3g, Sodium 25.9mg, Sugar 7.1g

INGREDIENTS

- 4 cups cooked black rice (alternative: wild rice, quinoa, farro)
- 1 pound strawberries, stemmed and quartered
- 4 scallions- sliced
- ¼ cup basil ribbons
- ½ cup chopped Italian parsley
- 3 ounces arugula (two big handfuls)
- Optional: ¼-½ cup crumbled goat cheese, ¼ cup toasted nuts (slivered almonds, pecans, or maple pecans)

DRESSING

- ¼ cup olive oil
- 2 ½ tablespoons balsamic vinegar
- 1 tablespoon maple syrup
- ½ tsp salt and pepper, more to taste.

DIRECTIONS

1. Place black rice, strawberries, scallions, and Italian parsley in a bowl.
2. Pour dressing ingredients over top and toss well. Season with salt and pepper and taste, adjusting if necessary.
3. Right before serving, toss in the arugula and top with optional nuts and crumbled goat cheese.

