

FENNEL GREEN APPLE SALAD



Yield:
20 tastings

Source:
Adapted from
chelseasmessyapron.com



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services

INGREDIENTS:

- 1 lemon
- 1/4 cup olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 fennel bulb
- 3 apples
- 3 celery stalks
- 1 small package (1 oz) dry roasted pumpkin seeds
- 1/4 cup raisins

INSTRUCTIONS:

1. Juice the lemon into a mason jar—use a spoon to remove any seeds. Add the olive oil, salt and pepper. Attach the lid and shake until blended. Set aside.
2. Cut off the root end of the fennel and trim the stalks. Cut the fennel in half and then half again. Remove the core. Using a knife or food processor with a slicer attachment, thinly slice the fennel bulb.
3. Cut the apples in half and then half again. Remove the core, then thinly slice all the apples.
4. Thinly slice the celery.
5. Add the fennel, apple, celery, raisins and pumpkin seeds to a large bowl. Add the dressing and gently toss.
6. Eat and enjoy!

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