

Heirloom Cherry Tomato, Fennel & Arugula Salad with Goat Cheese Dressing

Phillis Carey, 2011



2 ounces goat cheese, soft type, room temperature (or you can use sheep's feta)

1/3 cup buttermilk

2 tablespoons extra virgin olive oil

1 tablespoon mayonnaise

1 tablespoon fresh lemon juice

salt and pepper to taste

1 pinch red pepper flakes

SALAD:

salt and freshly ground black pepper to taste

4 ounces baby arugula, or regular arugula (or baby spinach or watercress)

2 small fennel bulbs

1 pinch cherry tomatoes, heirloom type, halved

1 teaspoon extra virgin olive oil

2 tablespoons fresh chives

Servings: 4

You probably will not use all the dressing. You can also make this an entree type salad by adding large cooked shrimp on top.

1. DRESSING: Combine in food processor the goat cheese, buttermilk, olive oil, mayo and lemon juice and process until smooth. Season to taste with salt and pepper.
2. SALAD: Place arugula in a large bowl. Using a mandoline or vegetable peeler, shave fennel over the arugula. Toss with just enough dressing to coat the greens, then season with salt and pepper. Divide among 4 salad plates, mounding slightly. \
3. Toss the heirloom tomatoes with the teaspoon of olive oil, salt and pepper, then scatter on top of the salads. Sprinkle chives on top and serve. Pass additional dressing at the table.

Per Serving (excluding unknown items): 209 Calories; 16g Fat (67.4% calories from fat); 7g Protein; 11g Carbohydrate; 4g Dietary Fiber; 17mg Cholesterol; 156mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 2 1/2 Fat.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>