

Sicilian Winter Orange and Fennel Salad



Servings: 4

NOTE: If making ahead, slice oranges and add fennel to keep fennel from turning brown. Refrigerate until ready to serve.

1. Dressing: whisk lemon juice, vinegar and honey together in a medium bowl. Whisk in EVOO and season with salt and pepper. Cover and refrigerate up to 2 days.
2. Trim off and discard peel and white pith from oranges. Slice crosswise into thin rounds and set aside. Cover and refrigerate until ready to serve.
3. Toss arugula and fennel with enough of the dressing to moisten. Arrange on a plate or platter with orange slices and olives. Drizzle with more dressing and serve.

DRESSING:

- 2 tablespoons fresh lemon juice
- 2 tablespoons white wine vinegar
- 2 tablespoons honey
- 1/3 cup EVOO
- salt and pepper to taste

SALAD:

- 3 whole blood oranges, or regular, or a mixture
- 2 cups arugula
- 1 whole fennel bulb, trimmed, thinly sliced
- 1/4 cup olives, Kalamata or Castelvetrano

Per Serving (excluding unknown items): 271

Calories; 19g Fat (60.8% calories from fat);

2g Protein; 26g Carbohydrate; 5g Dietary

Fiber; 0mg Cholesterol; 96mg Sodium; 21g

Total Sugars; 0mcg Vitamin D; 93mg

Calcium; 1mg Iron; 474mg Potassium; 50mg

Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com