



Fennel and Citrus Salad

My family often eats fennel and citrus at the holidays - both are traditionally eaten in Italian homes after a large meal as they are thought to aid in digestion. Plus, this is the time of year when citrus fruits get extra delicious!

Ingredients

- 2 fennel bulbs, cored and very thinly sliced (save the fronds - the feathery parts - and add those to the salad too!)
- 6 medium citrus fruit of your choice: navel, mandarins, minneolas and blood (moro) oranges would all be fine here
- 1 avocado (optional)
- ⅓ cup extra virgin olive oil
- 2 tablespoons white wine vinegar
- 1 tablespoon honey (optional)
- Salt and freshly cracked black pepper to taste

Instructions

1. Slice the peels off of the citrus, then slice citrus into rounds and place in a bowl or on a serving plate. Layer with thinly slivered fennel slices. Add avocado slices.
2. In a small bowl, slowly whisk the olive oil into the vinegar until emulsified. Add the honey and whisk to mix. Season with salt and pepper.
3. Pour dressing over the salad and season with more salt and freshly ground pepper.

serves 4 as a side | VO